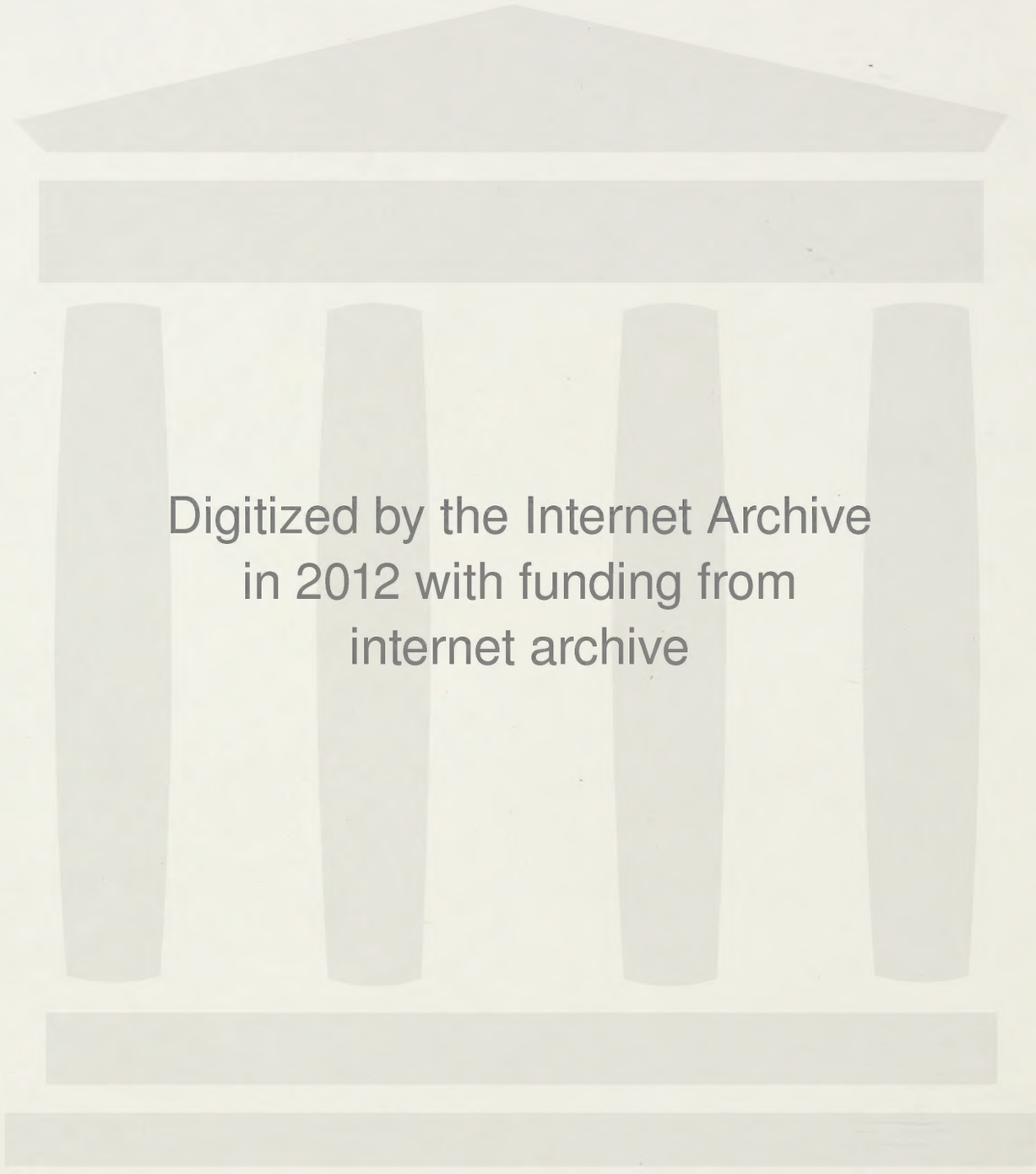

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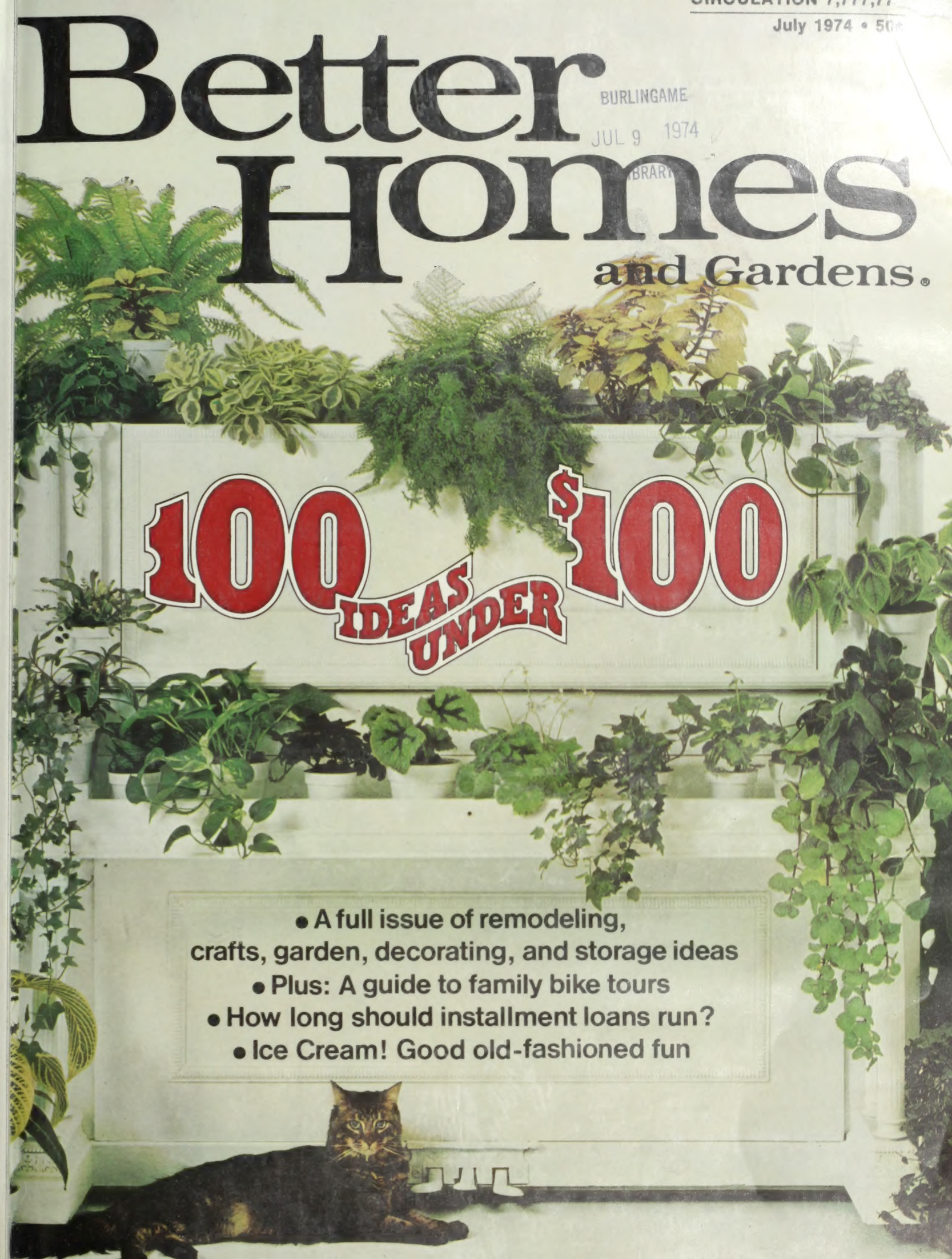
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100 IDEAS UNDER $100

- A full issue of remodeling, crafts, garden, decorating, and storage ideas
- Plus: A guide to family bike tours
- How long should installment loans run?
- Ice Cream! Good old-fashioned fun

Please. Don't waste my talents!
I can do dozens of different cleaning jobs.



Clorox Job*5
Sanitizing and deodorizing toilet bowls.

Clorox Job*14
Disinfecting and removing stubborn food stains from sinks.

Clorox Job*26
Deodorizing and disinfecting garbage cans.

Clorox Job*9
Disinfecting and removing stains from bathtubs.

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Cleaning and disinfecting tile and linoleum floors.

Read my label! It shows even more ways Clorox® liquid bleach helps around the house.

Clorox. It does more than the wash.

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"If you're in the habit of calling Long Distance Sunday evenings, you're losing money."

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I'm Bill Russell for your phone company with another way to save money on interstate Long Distance calls.

You already know Rule 1—put 'em through yourself (like I did in those fancy shots on television). *Dial direct from your home or office.*

Rule 2 is to know *when* to call.

Take a 3-minute call on weekends, for instance.

Saturdays, you save the most if you call between 8 in the morning and 11 at night.

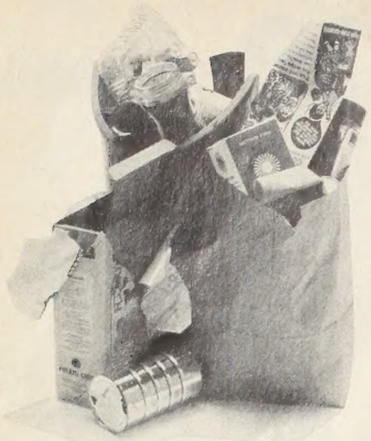
But Sundays, you save from 8 a.m. to 5 p.m. After 5 *p.m. on Sunday, the rates go up!*

Check out the cost comparisons yourself in the front of your phone book

So remember. When it comes to saving money on Long Distance, we hear you. That's why we want you to know *when* to call and *how* to call.

And you can't miss with Long Distance!

Long Distance
is the next best thing to being there.



Here's where a KitchenAid compactor stops looking like a luxury.

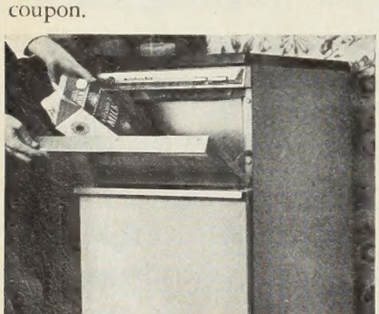
No matter how often you empty the wastebaskets, it never seems to be often enough.

Unless you've got a KitchenAid trash compactor. It's every bit as reliable as our dishwashers.

And it'll smash your trash to one quarter or less of its original volume. There's an easy-to-use Litter Bin™ that lets you toss in the small stuff without opening the big drawer. (Use that for wastebasket loads.)

There's also an activated charcoal air filter to eliminate odors. And you can use the KitchenAid compactor with or without trash bags.

Talk to your KitchenAid dealer today. Look in the Yellow Pages under "Dishwashers". Or mail the coupon.



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Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JULY, 1974; VOL. 52, NO.

100 IDEAS UNDER $100

25 Lighted sheet screen; Patchwork beanbag chair; Sturdy oak bench; Footlocker game table
26 Basket storage; Tubular storage; Outdoor furniture; Slab-top plant stand; Grow-along storage unit
29 Giraffe growth chart; Pantry animals; Deck extension planter; Cedar bath wall; Cube for seating and storage; Ice-cream-carton lights
30 Outdoor buffet; Pile of painted pillows; Wood and aluminum fixture; Plastic photo backsplash; Baby's sleeping bag and tote sack; Fake flagstone floor
32 Lath cubes; Decorative light diffuser; Boot storage from tubes; Vanity mirror with lighting; Redwood patio step and planters; Newel-post coat-tree
34 Wood-spoon door pulls; Firewood basket
35 Sliding privacy panels; Radiator camouflage
36 Fantasy drawer pulls; Closet/dressing module
37 Roll-out gadget; Corner clothes caddy
38 Bath vanity mirrors; Redwood pot shelves
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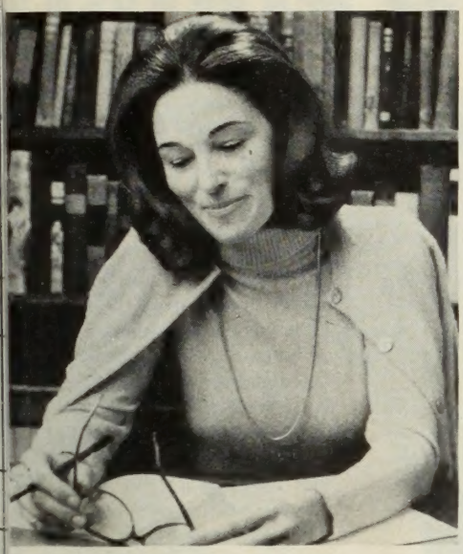
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4 months ago I was a gray, plump mother of 3. Now I'm a trim, brunette college freshman.

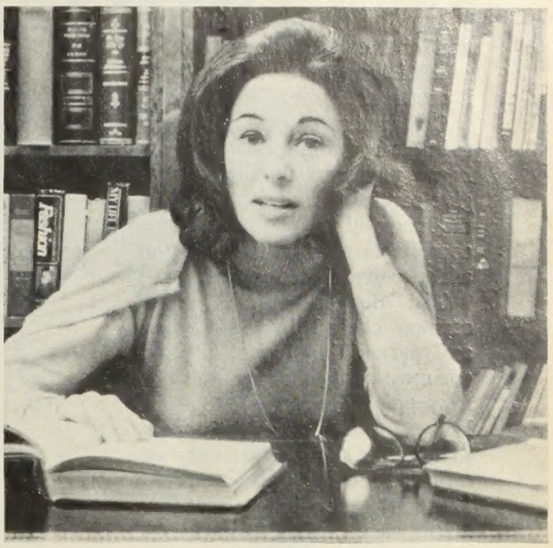
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I'm still a mother of 3. But I'm a whole lot more. And nobody's happier about it than Jim and the children! I guess it all happened because I saw my "babies" growing up so fast, needing me less and less.



If they missed a meal my whole day would seem shot. And I knew I had to do more with the next decade of my life than sit around counting my birthdays and gray hairs, making my children feel guilty for leading their own lives!



I think the whole thing got going the day I got the courage to color my hair. I'd always been a little afraid of haircolor, but I'd heard that Loving Care® lotion was a very different proposition. And it is!



It's not a permanent dye or a peroxide thing. It doesn't change your own color. It just rinses away the gray. And looks really natural—with soft natural highlights.



Well, it was so exciting to get my own brunette color back it gave me the encouragement for once to really stick to my diet. And now here I am—starting college! Of course, I only go part time. But it's a start.



But that's what's so great. To see, at this point in my life, so many things ahead. To feel, in so many ways, I've only just begun!



You're not getting older. You're getting better!™

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How long should installment loans run?



When you take out a loan, the first and most obvious question to ask is how much a month will it cost me?

Quite naturally, you don't want to burden your budget with extra-heavy payments. But unless you give careful thought to how long the loan will run, you risk future complications for the sake of added convenience today.

The danger—severe budget cramps caused by overlapping and pyramiding loans—can occur most easily when you borrow for regularly recurring situations. For example, you might borrow $1,000 this summer for your vacation. Monthly payments on a 12-month loan will be about $90. (Costs vary slightly from one institution to the next.) That might squeeze you, so you sign up for 18 months instead, with payments of roughly $62. Thirteen months later you return to borrow another $1,000 for your 1975 vacation. But you still owe $300 from your '74 fling. Adding that onto the new loan, you then face payments of $115 a month for another 18-month term. Again, to keep the payments down, you opt for the longer term.

Going into the summer of 1976 you finally wise up. At that time, to clear the slate in one year as well as get your $1,000 fresh cash, you have to sign an I.O.U. for around $1,600, and make payments of $133. Then finally, in the spring of 1977, you have completed paying for your past three vacations—and at quite a price.

The simple rule, which may be easier to understand than to abide by, is that when you borrow for recurring needs, you should plan to have the loan paid off before the need recurs. Most common personal loans fall into this "recurring need" category. On an annual basis, we may be accustomed to borrowing for vacations, payment of taxes, winter expenses (fuel, clothing, Christmas), tuition, and the like. For this type of borrowing you should strictly adhere to the pay-off-before-the-recurring-need rule, except in case of unusual situations.

Some other types of loans are more difficult to peg. Look at these typical examples:

• *Auto loans.* Traditionally, banks have observed a three-year maximum limit on car financing, though in recent years there have been some spots of four-year car loans throughout the nation. While the "recurring need" rule applies generally, there are three catches to watch for: 1) You may find yourself trading in your old car for a new one (and your old loan for a new one) sooner than you had originally anticipated; 2) new-car prices are going up every year; 3) cars depreciate in value, and it's possible—given the right circumstances of model year, purchase price, and down payment—for the value of a car to drop more rapidly than the ba ance on the loan. (The fuel cris has thrown depreciation facto for big and small cars somewh out of kilter, so be sure to chec current market, as well as Blu Book, value.)

A triple overlapping crunc (compare with the vacation situ tion mentioned earlier) could o cur if you found yourself tradi a year or so before the initial c loan was paid off, if you had litt or no equity in the car because rapid depreciation (or, possibl you owed *more* on the loan th the trade-in value would be), *a* if you had to pay hundreds of d lars more to get the exact sa version of the newer model. hedge against these possibiliti wise planning would dictate loan of three to six months *l* than the time you expect to o the car.

A $3,500 car loan, for e ample, might entail payments roughly $115 per month for months, and $20 more, or $1 per month for 30 months. (figures are approximate; aga terms may vary, depending up the lender.) Your interest expe with the 30-month loan is abo $100 less than with the 36-mo loan. By taking the shorter te you're spending $20 more p month, saving roughly $100 total interest expense, and most importantly—giving yo self a fair amount of breathi room to avoid possible overl If you trade every two years, stead of three as in this examp

continued

Bargain shopping through factory outlets

It's always a bonus to find good merchandise for sale at cut rates —especially in these days of the rapidly shrinking dollar. One opportunity for such bargains is buying through factory outlet stores. There are thousands of them all over the country. It's smart to keep a lookout for them when you're traveling, and you may even be surprised to find a few you didn't know about right in your vicinity.

Unlike most other discount operations, factory outlet stores sell goods that are seconds, or slightly irregular merchandise; discontinued lines; odd sizes; designer or floor samples; mill ends and remnants; overcuts and overruns (surplus merchandise that is cut after the original order is filled); closeouts or job lots which have been overproduced or which, for some reason, the manufacturer or retailer wants to or has to dispose of quickly.

Depending upon the store, you'll find anything from tires to towels at substantial savings. You even can buy such things as Henri Bendel shoes and handbags, Sacony dresses, Pierre Cardin suits, Schumacher fabrics, Drexel furniture, Mark Cross luggage, and Lenox crystal for a fraction of their original retail value, sometimes at markdowns from 50 to 75 percent. Or you might discover the same clothes that go to such stores as Saks, and Peck & Peck—but without the label—for about one-third of their customary retail price.

Don't assume there is something seriously wrong with the merchandise sold at these outlet stores, just because they deal in seconds or irregular merchandise. Tires, for example, may be seconds simply because they have smudged whitewalls—something that doesn't affect their safety in the slightest. An article of apparel may have irregular stitching or other barely visible defects that won't affect its wearability or appearance.

Outlet stores look far from plush—but that's one way prices are kept down. Most of the stores are barn-like, uncarpeted showrooms in out-of-the-way, low-rent locations, often at the factory warehouse. Sales usually are o cash-and-carry, no-return ba only a few stores accept cha accounts or credit cards. Th usually is no delivery, no g wrapping, or the like.

Where can you find outlets?

Almost everywhere—not only big cities, but in small coun towns. If there's a factory n you, or one whose merchand interests you, ask if it has an o let store, or if there's a pl where its seconds and closeo are sold. Many large departm stores also have "bargain ba ments" or warehouses where s onds, floor samples, and ot closeouts are sold. So do m other large merchandisers, p ticularly in the furniture and f nishings field.

continued on page 79

Can you match their hands with their ages?













It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.



If getting your cat to eat has come to this, you should know about Tender Vittles.



What's the special this week—canned liver or white-meat tuna? Off your knees. Try a package of Tender Vittles. Does it taste delicious? Yes, yes, yes, yes, yes, yes. That's one yes for each delicious flavor Tender Vittles comes in.

And Tender Vittles is a moist cat food that gives your cat all the nourishment she needs. Every day.

Tender Vittles comes in easy-to-open foil pouches. No messy cans to open. No fishy smell to live with.

Just the perfect cat food for the both of you.



For your pet's health . . .
See your veterinarian annually.

Purina Tender Vittles.® You'll both love it.

continued

Installment loans

you could get proportionate advantages by taking out an 18- or 21-month loan.

• *Luxury loans,* such as for boats, campers, and motor homes. Human nature can play funny tricks in this category. It's possible to indulge yourself in a luxury, borrowing to do so, only to find that within a year or two or three, the thrill has gone. If you've borrowed for too long a term, you may find yourself not only with a white elephant in the backyard, but with heavy payments owing on it as well. This could be especially true with expensive motor homes, where depreciation and trade-in values are difficult to predict.

If you're confident that you're going to be a regular user of the luxury item, trading periodically, and you think you have a firm grasp on depreciation and trade value factors, you can gauge your loan length much as you would the auto loan—keeping the term shorter than the life use of the item.

But if you're a novice about to embark on a trial with one of these luxury items, you might be wise to get it on trial. Perhaps you could rent, with a built-in option to buy at a set price. This could be a more sensible way to determine if you really want the luxury item—before you put yourself out on a financial limb.

Generally speaking, going into debt to obtain a luxury might be described as carefree or irresponsible, depending on your overall circumstances. By going into debt for luxuries, you curtail your borrowing capacity for necessities—a chancy game to play.

• *Major appliances,* such as refrigerators, stoves, TV, stereo. These items might not need replacing for a decade or more, but you certainly should not finance them for as long as they last. The payments ought to be wiped out as swiftly as your budget will allow, to make room for other borrowing needs that will certainly occur and to keep your interest expense as low as possible.

As an alternative to borrowing to replace such items, consider this possibility: Set up a reserve fund so that you can pay cash as the need arises and keep your credit lines open for other, perhaps more pressing, needs. A modest $10-per-month stash in a savings account will yield a $1,500-plus reserve fund at the end of ten years.

• *Major home improvements,* such as swimming pool, added rooms, extensive overhauling. For the most part, these improvements become a part of the house—you won't take them with you when you move. Hopefully, you'll recapture all or the better part of the cost when you sell the house at some future time. Since these items often run into many thousands of dollars, you'll likely feel a serious budget pinch if you try to pay off in three years or less. You'll be enjoying the use of the improvements for as long as you remain in the house. For that reason, five-year financing—and perhaps seven-year financing—might not be unreasonable.

Interest costs run high, though, on such long-term financing. This fact may lead you to explore whether or not you can add such improvements onto your mortgage. Check with your mortgagee to see if this can be done, and evaluate the cost. Example: A $4,000 home improvement loan for five years could run $83 per month or more. Adding that same amount to a mortgage with 20 years remaining will cost about $33 a month. If you expect to be selling the house in about ten years or less, the mortgage plan could be preferable. Your buyer will then be paying for part of the improvements as he uses them. And even another consideration is second mortgage financing (see *Better Homes and Gardens,* March 1974).

• *Consolidation loans.* These are loans you take out in order to pay off a lot of outstanding debts at once. Such loans should be undertaken only after conferring with the loan officer at your bank. There is no rule of thumb on how long repayment should take. Generally, the less time it takes to pay off, the better, but special circumstances might dictate a longer term.

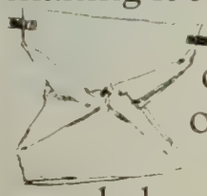
Even if you are not in the market for a loan right now, it is wise to confer periodically with your banker or credit union counselor. Keep him aware of your continuing financial condition and work with him toward plotting borrowing needs, in conjunction with your expected near and long-term ability to repay. His advisory services are free, and the advance planning can help smooth the way for future borrowing, at the very best terms. ■

How the diaper that's shaped better absorbs better.



When it comes to diapers, all the absorbency in the world won't help, if it's not in the right place.

That's why we shaped our diaper like a baby, instead of making it square. We shaped it with



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So all our absorbent protection stays snug and secure, just the way it should, from change to change.

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CARS Peter Stephano

Is it time for new shocks?

If your car "dances" over rough surfaces, nose-dives when you apply the brakes, sways in curves, wallows at highway speeds in a crosswind or curve, floats up and down after going through a dip, or has more than 25,000 miles on it, it's probably ready for new shock absorbers.

Worn shocks often go unnoticed. They wear out slowly, and you tend to adjust to changes in the auto's handling characteristics. Badly worn shock absorbers are more than a nuisance; they can be a hazard because they severely hamper your control of the car.

Twenty-five thousand miles may seem a short life, but here is what happens. As the new car's suspension wears, more rebound control is needed, and at 25,000 miles the original equipment shocks have lost 25 to 30 percent of their efficiency.

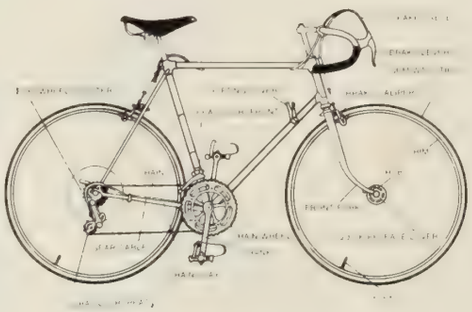
Badly worn or leaking shock absorbers can be identified by one or more of the above symptoms, or by cupped spots in the tire tread. Here's a simple test you can make to check the condition of the shocks: while driving at ten mph on a smooth paved surface, such as an empty parking lot, apply the brakes repeatedly. If this sets up a fore-and-aft rocking motion, the car needs new shocks.

When you buy replacements, get the heavy-duty type; they provide the extra rebound control needed with a broken-in suspension system. Heavy-duty does not mean stiff, harsh, or "performance" when applied to shock absorbers. It means slightly larger parts, more fluid capacity, better damping control, and longer service life. Heavy-duty shock absorbers *will not* help sagging suspension, nor will they alone carry the extra weight imposed by a trailer.

However, there are shock absorbers designed for those purposes. The most common types, available for the front and rear of the car, have a large coil spring built onto them to help carry extra weight or compensate for weak suspension springs. If you carry extra weight of moderat proportions only occasionall you can use a spring-type ove load shock with a progressivel wound spring. The progressiv spring adds little extra stiffne with a normal load, but great increases your car's weight-ca rying capacity. Front overloa shocks are required only if th front of the car is sagging or co siderable weight is added (whe for example, you install air co ditioning or carry a motorcycle

For station wagons or ligh pickup trucks that are often hea ily loaded, there are specially d signed overload shocks with nonprogressive spring.

For towing a large boat, cam ing trailer, or medium-sized tra el trailer, air-inflatable shock a sorbers are recommended. Th supply extra load capacity an can be adjusted by merely chan ing air pressure. Air shocks m be controlled from the drive seat by adding an engine vacuu operated air compressor, pressu gauge, and regulator available a package. ■



Bike repairs to do yourself

It's a fact that bicycles now outsell cars in the United States. In the last two years enough bikes have been sold to have every other American riding one. You've probably noticed the proliferation of bicycles in your own family, especially when you try to park the car in the garage. But bikes aren't what they used to be. The popular new breed—lightweight, multi-geared, and temperamental—is as different from the old balloon-tired model as today's car is from a Model T.

Bikes with more than three speeds require frequent attention; for efficient performance and long life, moving parts must be kept clean, well-lubricated, and properly adjusted. (Three-speed bikes require little more than a few drops of oil each month, but often repairs have to be done at a bike shop where parts and special tools are available.) You have to know at least the basics of bicycle mechanics to do the small but frequent adjustments and maintenance on multi-speed bikes that will keep you from spending half yo time in repair shops.

Lightweight touring bikes pr sent an excellent opportunity f a first lesson in basic mechani Although the bikes look comple their construction is actual quite simple. A youngster o enough to ride a ten-speed bi should certainly be able to lea how to take care of it.

To grasp the details of t many parts and how they wor it's a great help to spend a fe hours with someone wh knowledgeable about bicycle But to dispel the initial confusio you'll still have to depend upo a well-diagrammed repair ma

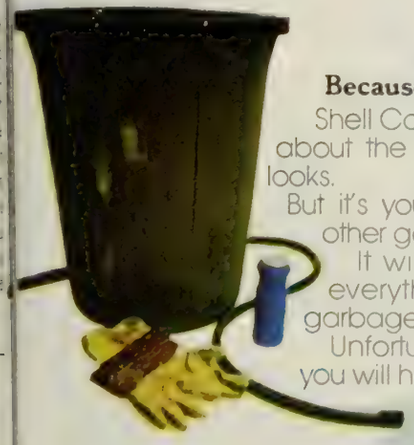
continued

Don't hide your garbage problems. Solve them.



You know how it is with garbage cans. They don't look pretty. And they don't smell pretty. And they have an unattractive way of attracting bugs and insects—especially flies.

So most people hide their garbage cans behind screens and around corners, hoping against hope that they won't be noticed.



Shell Can Care.™: Because scrubbing is not enough.

Shell Can Care can't do anything about the way your garbage can looks.

But it's your best answer to every other garbage problem.

It will, in fact, do just about everything except scrub your garbage can.

Unfortunately, that's something you will have to do for yourself. Can Care is not a substitute for good old-fashioned elbow grease.

It just makes your elbow grease worth the time and effort.

Protection against odors and insects.

Can Care gives you double protection.

First of all, it's a remarkably effective deodorant. No matter which way the wind is blowing, your garbage cans won't reveal their location. Or their contents.

On top of that, Can Care is a remarkably effective insecticide. Flies, ants, gnats and roaches, hate Can Care—and vice versa. With Can Care on the lid of your garbage cans, the odds are on those uninvited guests.

Which lets the guests you do invite enjoy themselves.



Protection against embarrassment.

More and more people these days like to entertain outdoors. The patio and the backyard are taking over from the living room. That makes Can Care even more important. Nothing can dampen a Sunday barbecue like a whiff of Friday's fish. And no one wants to share the hamburger—with a fly. Can Care helps protect you against both these awkward possibilities—and against a red face as well.



Easy and economical.

Can Care is simple to apply. It adheres quickly and firmly to either metal or plastic containers.

Even more important, Can Care works continuously, day and night, for up to three full months. That figures out to less than two cents a day.

Only two cents a day.

Can you, your family, and your guests afford to be without the added protection those two cents will buy?



Use as directed on label.

Shell Can Care. Controls bugs and odors in your garbage can.



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It's more than just dining furniture. It's KELLER

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ntinued

ike repairs

to tell you where to start and
v far to go on a maintenance
repair job.
Don't be afraid to tinker with
crewdriver and pliers; most
-speed maintenance is done
n these two tools. If you use a
mmonsense approach to figure
how a geared bike is *supposed*
work and how and why it
ht be malfunctioning, you'll
d your knowledge and confi-
ce as you go. The same com-
n sense can help you recog-
when your bike's problems
ed your capabilities and war-
a trip to a repair shop. You
ld be able to handle most
repairs yourself using basic
s, a repair manual, and lots
atience.

ls you'll need

t, you'll need an illustrated re-
manual (be sure it covers the
ific brand name components
our bike). Two helpful repair
ks are "Fix your bicycle," by
Jorgensen and Joe Bergman,
mer Publications, Los Ange-
California (about $4) and
w to fix your bicycle," by
en Garvy and T. White, Shire
s, San Francisco, California
ut $2). Both cover home re-
s and maintenance.
ou'll need a six-inch adjusta-
nd wrench, a set of open-
or combination wrenches in
t to 17 millimeter sizes, a
to ten millimeter set of allen
nches, a cone wrench to fit
nuts, and a spoke wrench.
ular pliers and a pair of ten-
vise grips will come in
ly. You'll also need regular
Phillips head screwdrivers, a
e cutter, tire levers for re-
ing tires, a chain tool to take
or loosen the chain, and a
wheel remover. For tires, add
essential tire patch kit, hand
pump, and bicycle tire pres-
gauge.
pare parts to have on hand
brake shoes, brake and gear
e, a spare tire tube, a few
of chain, and extra nuts,
, and washers.

taining your bike

king on your bike should be
once you become familiar
its parts and components.
r bike has wheels, pedals,
es, chassis, and a basic
e train consisting of chain,
t and rear sprockets (on five-
ten-speeds they're the chain
el and freewheel), and gears
ilieurs on five- and ten-
ds, rear wheel hub on three-
ds). Note here the basic prin-
of operation and mainte-
e that applies to all geared bikes; correct functioning of the power train (front and rear sprockets, chain, and gears) depends on proper alignment. Twisting or bending is often all the "repair" required for a malfunction. (Check the illustration for location of parts.)

Bicycle maintenance consists of tightening loose nuts and bolts, minor adjusting, cleaning, lubricating, and from time to time replacing worn or broken parts. A ten-speed bike may require one hour of your time each month for maintenance, a three-speed much less (but probably more time in a bike shop).

Oiling is a good way to familiarize yourself with the bike. Using light oil (which collects less dirt), lubricate all moving parts once a week and after riding in the rain—pedals, chain wheel, freewheel, and derailleur on ten-speeds, front and rear hubs (if they have oil caps), chain, cables, brake calipers, and fork. Your manual will have an oiling chart. Limit the amount of oil to a squirt, and work it in by spinning or moving the part.

Clean your bike with kerosine or other solvent (not gasoline—it's dangerous), getting it into all moving parts with a thin paintbrush or toothbrush. Carefully squirt solvent into difficult places, like the freewheel of a ten-speed. Drips of solvent will appear clear when the part is clean. The grimier parts should be disassembled and soaked in the solvent. Bike chains, as a matter of course, should be soaked periodically, then dipped in a light oil, such as SAE 5 weight. When working with solvent (and oil and grease), try not to get any on the tires as it will destroy rubber.

Greasing a bike is a more involved procedure, since you'll first have to clean drive-train assemblies thoroughly. Ideally, this should be done at least every six months—in late fall before the bike is put away and in spring before the riding season. Take apart ten-speed hubs, crank set, freewheel, and pedals, and clean with solvent, replacing any worn parts. Repack ball bearings in a good grade of fresh *white* grease (molybdenum compound type). Be sure to keep track of disassembled parts and take care to put everything back in correct order! You may need some help from the local bike shop if the cotter key to the crank set becomes jammed or bent. Cotterless cranks on the more expensive ten-speeds require special tools and thus should be overhauled and repacked at the shop. The same applies to the rear hub of a three-speed. But there are many repairs you can do yourself.

continued on page 16

Here's 23¢ to help make all your scrubbing pay off.



Saturday afternoon you scoured the garbage can. Then you ruined it by throwing garbage in it. Same smells. Same bugs. Same problems.

Shell Can Care™ can solve those problems. It has a deodorant to mask odors. A proven insecticide to kill flies, gnats, roaches, and ants. And lasts up to three full months.

Shell Can Care. You'll still scrub on Saturday. But Sunday will be a lot nicer.

Shell Can Care. Controls bugs and odors in your garbage can.

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Mr. Retailer: We will redeem this coupon for 23¢ plus 3¢ handling charges, provided you and your customer have complied with all of the terms of this consumer offer. Any other use is not authorized. Coupon may not be assigned or transferred. Not redeemable and void when presented by outside agency, broker or institutional user or the like. The consumer shall pay any sales tax. Void where prohibited, taxed or otherwise restricted by law. Invoices showing your purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Cash redemption value: 1/20 of 1¢. Offer expires December 31, 1974. Good only in U.S.A. Limit: Redeem only one coupon per package of Shell Can Care purchased by your customer. Coupon redeemable only at participating retail outlets. Send to: Shell Chemical Company, P.O. Box 838 Fullerton, Calif. 92633

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for ever





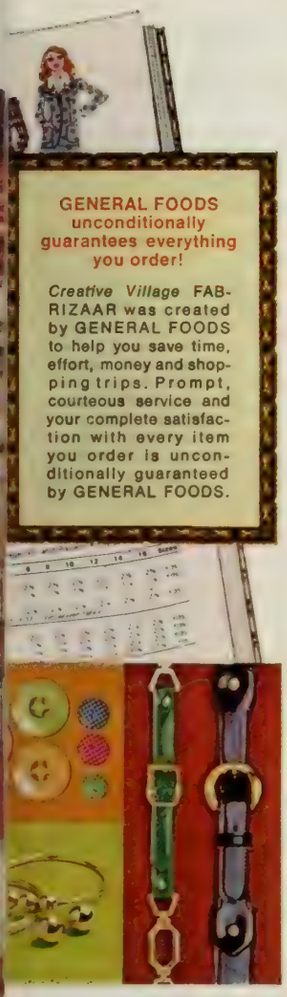


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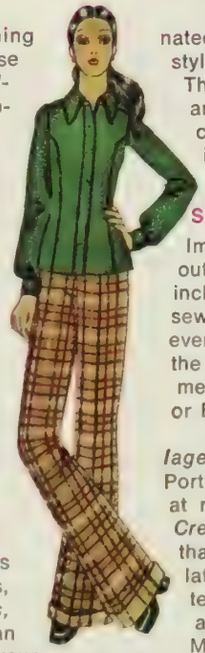
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Today, after over a century of caring for pets, Sergeant's® offers a line of over 200 carefully tested products.

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continued from page 11

Bike repairs

Repairs you can do

Brake and gear cable repairs are small jobs you can do yourself. Stretched cables can be taken care of with a simple screwdriver and pliers adjustment. Drip a little oil into cable housings so that the cables slide easily, then loosen the cable anchor bolts on the gear, derailleur, or brake, and pull the cable to tighten. To repair a broken cable, just loosen the anchor bolt and pull the cable out from the hand lever end. Oil the new cable where it slides into the casing, insert it, and retighten bolts. Remember, though, that the new cable will soon stretch and need adjusting.

Five-speed and ten-speed gears will often need adjusting, too. Should a low or high gear fail to click into its rotation, take a careful look at what seems to be the problem and check your handy manual for the proper adjustment, usually a simple screw or cable tightening. Three-speeds with gears out of adjustment will have to be taken to a bike shop.

Very seldom will anything go wrong with a clean and well-lubricated chain or sprockets. Spokes, however, can loosen or even break under excessive weight and road shock. Check them each day after riding and replace bent or broken ones as soon as possible.

Wobbly wheels are common on lightweight bikes, but trueing them is an easy, if lengthy, job. With your bike upside down and held securely in place, spin the wheel slowly and stop it where it wobbles too close to the brake shoe. If the spokes across the rim from the wobble are loose, that's the problem. Tighten them with a spoke wrench. You may have to carefully tighten adjoining spokes, or loosen them up and retighten until you solve the problem. The principle is to tighten those spokes away from the wobble and loosen those toward it until the rim stays the same distance from the brake shoe all around. Never tighten all the spokes around the wheel! If the wobble can't be corrected, you may have to buy a new rim.

Tires are the most vulnerable part of your bike. With use they tend to soften, so always try to keep them at correct pressure. Tires also develop slow leaks and may even blow out. But patching clincher or tube-type tires is easy when you know how to use the patch kit and learn to patch without removing the wheel from the bike (sew-up, racing-type tires require a bit more time). After the tire is patched, be sure to check it for whatever caused the pu ture in the first place *before* placing the tube! Air valves also loosen and leak, so mak a practice to tighten them screwing down the inside va core, and always keep a sp valve core with you when ridi

To avoid breakdowns, ch all nuts and bolts for tightn regularly, and do the same axle nuts and quick release l ers. Take the time to investig abnormal noises, which usu indicate trouble. Be sure, t that brakes are centered and shoes grab the rim evenly.

Brakes must be kept adjust as mentioned above, because t are *the* primary safety equipm on a bike. The brakes on y bike must be good enough to s a tire on dry pavement. W bikes heading the U.S. Consu Product Safety Commission's of the 50 most hazardous pr ucts, it behooves you to eq your bike with the best saf equipment, then maintain it. sides brakes, a bike should h a bell or horn that can be hea from 100 feet away. And wh riding at night is not recomme ed, there are going to be tim when it becomes necessary, just plain enjoyable, to do so. proper lights and reflectors important—minimum equipm consists of a white battery-op ated headlamp in front and a reflector in back. But additio reflectors on the sides and ped are highly desirable.

By doing your own adjust and minor repairs you'll gain perience that will prove han when you go touring and y tire sinks to the rim, or a g fails to work properly. As a dir bonus, do-it-yourself repairs bound to save you a good deal time and money.

There are, of course, instan when you should take your bi to a shop and not attempt the pair yourself:

- when you don't have the c rect tools for the job;
- when a repair is not well plained and illustrated in y manual (you might check anot manual);
- when a major adjustment or pair involves extensive bendi or hammering which, if done inexperienced hands, could sult in more damage to the bi
- when a three-speed requires overhauling of the rear axle h or the replacement of worn bra shoes, or when troubles w gears and gear changer crop
- when a ten-speed needs overhauling of the cotterl crank or when extensive wh trueing might permanently wea en alloy rims;
- when you can't figure what's wrong with the bike.

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S Black plastic posts 1.19

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The Shell No-Pest Strip. Helps protect your family from germ-carrying flies and annoying mosquitoes.



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Germ-carrying flies and annoying mosquitoes are an unpleasant fact of life.

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You can hang or place No-Pest Strips so they're well out of reach of children *while they're working.*

No wonder the No-Pest Strip is chosen by more mothers all over America than any other flying insect product.

When you follow label instructions, you can use No-Pest Strips in living rooms, bedrooms, dens, hallways, family rooms, attics, basements and garages.

Each Strip is effective in a 1000 cubic foot area. And helps protect your family from flies and mosquitoes for up to four full months.

Pick up No-Pest Strips next time you shop. Then hang them up at home.

You and your family will have fewer flies and mosquitoes to worry about for the next four months.

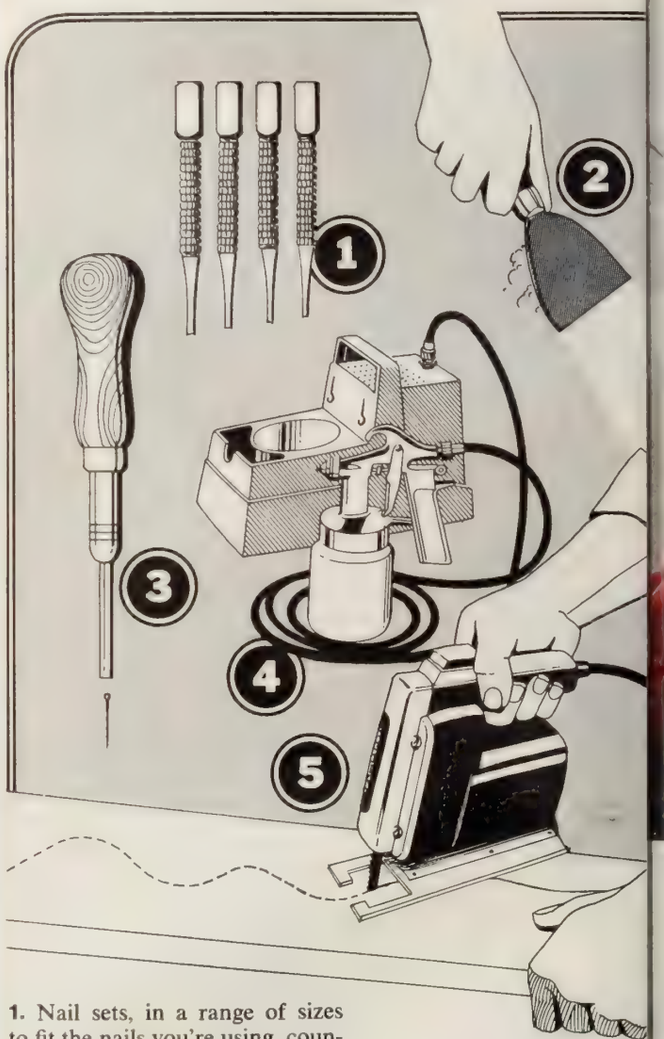


America's No.1 flying insect product.

NEW PRODUCTS Douglas M. Lidster

GOOD NEWS

Before beginning any project make sure you have the right to finish the project properly. Take a look at your tool colle —then look at the tools shown here. Some are basic; some little out of the ordinary. All will prove helpful for your projects, both big and small. You'll find these tools in retail ware departments.



1. Nail sets, in a range of sizes to fit the nails you're using, countersink nailheads without marring the finished surface. Next time you're in a hardware department, pick up a complete set so you'll always have the right size on hand. A set of four will cost less than $3.

2. For spackling and puttying nailheads and screwheads, use a high-quality chrome plated putty knife with a really flexible blade. It will do a smooth job, won't leave rust stains, and is a snap to clean up.

3. Tiny nails and brads are difficult to drive without bruising your thumb, but easy if you have a magnetic brad pusher. It's also great for starting larger nails in cramped quarters. Cost is less than $2 and it will last a lifetime.

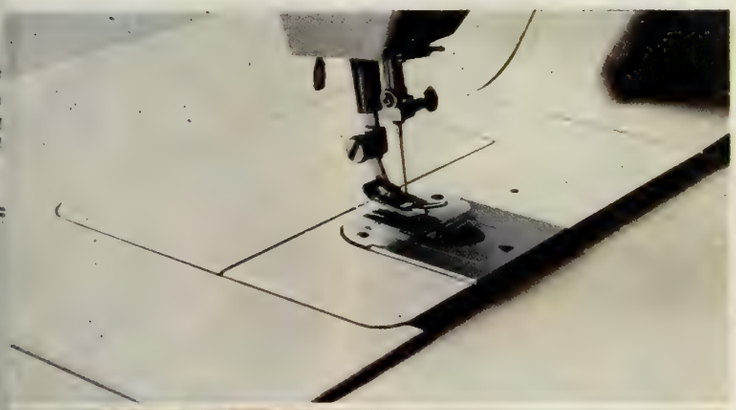
4. For spray painting your ect, consider this compact system. The gun, hose, an all store neatly in the comp housing. The gun comes without tools for easy cl Sprayit 120, $39.95 from as Industries.

5. Saber saw, hand-held j whatever you call it, it's the handiest tools you'll own. While prices range under $10, invest at least $ a variable speed model.

For safety's sake, plan grounded plugs in grounde trical systems. If you're times a little lax about usi proper adapter, shop on double-insulated saber

continued on page 86

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IT LETS YOU GO FROM A FLAT SEWING SURFACE TO A TUBULAR ONE. INSTANTLY.









Now you can sew everything—even hard-to-get-into places—with the Futura II* sewing machine. The incredible new machine from Singer that gives you the two-way sewing surface.

Just flip down the panel that's built into the flat sewing surface, and it converts to a tubular "free-arm" surface. It lets you sew those hard-to-get-into things like cuffs, necklines, sleeves, pant legs, and waistbands with perfect ease.

Flip the panel up again. And you've got a flat sewing surface that lets you sew everything else you have to.

There's just no end to the things the Futura II machine can do for you.

It even makes buttonholes easy. With an amazing one-step buttonholer that computes the length of your buttonhole to the size of your button.



It makes threading easier too. From spool to needle, there's not a single eyelet to go through.

And the exclusive Singer* push-button bobbin rewinds right in the machine.

You get an incredible range of built-in stitchery. With just a flick of the dial.

And you never have to oil the Futura II machine. It's completely self-lubricating.

In fact, the Futura II machine is so beautifully different, we've even designed a special cabinet and seat for it. It comes in rich walnut color or dazzling white with a large storage area under the seat.

The Futura II sewing machine. The great new convertible from Singer with the two-way sewing surface that makes sewing easier than ever before. It's at all Singer Sewing Centers and Approved Dealers.

THE FUTURA II SEWING MACHINE BY SINGER

You get what you pay for... and a little bit more.

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La Choy® swings American with

Yankee Noodle Dandies

The no-bake summer cookies.

Melt 1 package (6 oz.) semi-sweet chocolate pieces and 1 package (6 oz.) butterscotch pieces in top of double boiler over hot water. Remove from heat. Quickly stir in 2 cans (3 oz. each) LA CHOY Chow Mein Noodles and ½ cup chopped peanuts (or cashews) until they are evenly coated. Drop by teaspoonfuls onto waxed paper. Chill. Store in refrigerator until ready to serve. Makes 36 cookies.

Steak and Bacon Tournedos

There's a big reason why Fred Donati of Briarcliff Manor, New York, acts like a pro in the kitchen. As a teen-ager, he learned the culinary basics working in a neighborhood delicatessen. He started with peeling potatoes and graduated into making the potato salad, followed by macaroni salad and coleslaw. Ultimately, he was even allowed to prepare the deli baked beans and corned beef.

During World War II, Fred made good use of his cooking skills as a marine in the Pacific. Fred says he used to swap Japanese souvenirs with the Seabees for sacks of flour and cans of powdered milk and eggs. During breaks in the action, he would whip up pancakes or waffles for his buddies—a welcome break from K rations.

Back stateside, on a business flight, Fred met an attractive airline stewardess, Joyce, who later became his wife. Joyce and their five children, Danny, Lisa, Pamela, Jeff, and Christopher, make up Fred's enthusiastic cooking audience. One of their favorite dishes, Steak and Bacon Tournedos, dates back to the early sixties when Fred created the recipe as a barbecue specialty.

"Cooking isn't just a hobby with me," Fred told us. "It's also the greatest escape I know from the hectic world of advertising." Among his other specialties are Caesar salad, risotto Milanese, lasagna, quahog chowder, Cornish hens stuffed with wild rice, beef stroganoff from leftover beef, and veal scallopine. He's come a long way from that little German delicatessen.





Photographs Hel



Buying information, page 87

Photograph: Die

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become the property of Meredith Corporation.

STEAK AND BACON TOURNEDOS

As accompaniments, Fred suggests broiled stuffed tomatoes or cottage-fried potatoes along with an authentic Caesar salad—

1- to 1½-pound beef flank steak
instant non-seasoned meat tenderizer
½ pound bacon
1 teaspoon garlic salt
½ teaspoon freshly ground pepper
2 tablespoons snipped parsley
1 1¾-ounce envelope hollandaise sauce mix
¼ teaspoon dried tarragon, crushed

Pound flank steak to even thickness, about ½ inch thick. Use meat tenderizer according to package directions. Meanwhile, cook bacon till almost done, b not crisp. Sprinkle flank stea with garlic salt and pepper. Sco steak diagonally making di mond-shaped cuts. Place bac strips lengthwise on flank stea Sprinkle with parsley. Roll u jelly-roll fashion, starting at na row end. Skewer with wood picks at 1-inch intervals. Cut 1-inch slices with serrated kni Grill over medium coals 15 mi utes, turning once, for ra Meanwhile, in saucepan, prepa hollandaise sauce mix accordi to package directions, adding t tarragon to the dry mix. Ser sauce with the flank steak Makes 4 servings, 2 pinwhe steaks each.

Fantastik® introduces an easier way to spray.

And clean.

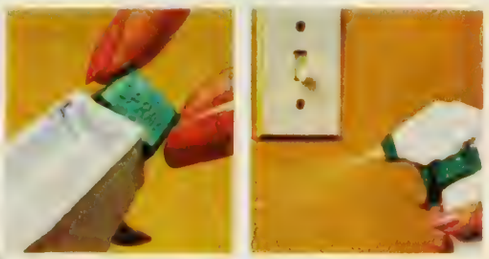


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Adjust a pinpoint spray for tight places.

No other spray cleaner has anything like it. Yet the new Fantastik Easy Sprayer™ doesn't cost a penny more. It makes Fantastik the easiest, quickest, most convenient way to spray things clean. It makes Fantastik the only way to spray.



Adjust a wide-angle spray for large areas.

It's the only way to spray.

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Henry Tobey, President, Terminix International.

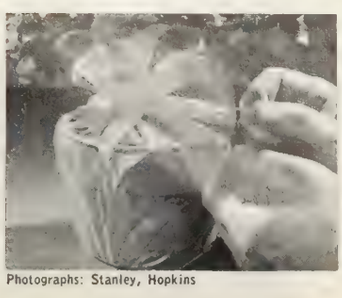
"I'm Hank Tobey. I run a company called Terminix. Our business is getting rid of termites, roaches, ants, spiders and other pests that attack American homes. We've been doing this for years. And doing it so well that 94 out of every 100 customers across the country say they'd ask us back again.

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HOUSEPLANT HOW-TO



Photographs: Stanley, Hopkins

When you go on vacation

Soak each plant thoroughly, let it drain completely, then wrap the pot, as shown, in plastic and tie firmly shut. This will hold moisture where it's needed and is more effective than the attentions of willing, but erratic, friends. Some plants (crotons) benefit from being entirely encased in a plastic bag. Others, with soft foliage (African violets), may suffer from too much condensation of moisture on the leaves.

Don't spare the water

Hot weather is rough on plants. They give off a lot of moisture and it's up to you to replace it. If some of your plants are outdoors, they're also coping with drying winds.

Check plants daily and water those that need it—let the moist ones alone. Plants by open windows are more subject to drying out quickly, so keep a special watch on them. While air conditioning is not generally harmful it does decrease the humidity. Compensate for this with extra watering.

Double-check for plants you put outside under protecting shrubs. You might be overlooking houseplants now hidden by shrub overgrowth. Consult list of where you put things. If you failed to make one, do so now.



Portulacaria prefers neglect

This looks something like the more familiar jade plant, but the fleshy leaves are smaller. If you've grown the jade plant, you know it resents too much water. Portulacaria is the same way. Water it only when soil dries out and provide brightest light possible short of direct sun through glass.

This is a shrubby plant with angular growth and considerable sculptural interest. In its native South Africa, it thrives in hot, dry areas in well-drained soil. All in all, it's a fine low-humidity, little-care plant. Take four- or five-inch tip cuttings for propagation.

Peak time for pests

Keep plants free of insects and disease, and give particular attention to plants summering outdoors. Pests are easier to control outside than in, and you don't want to bring nuisances in later to contaminate healthy plants inside.

If you take cuttings of impatiens for overwintering and later find they have spider mites, you have a problem to get rid of them in the house.

There are special products to control mites, but you can also keep them under fair control by turning a strong stream of water on the foliage.

Slugs are night operators and don't care what kind of foliage they chew on. You may find most any of your plants ravaged by these voracious eaters. Control with metaldehyde pellets prepared especially for slugs and snails. Scatter the pellets on the ground near where you've detected activity but not, of course, if you have children or pets.

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We're delighted with this decision. Simply because it was a decision made *by* dogs *for* dogs.

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We decided to gi[illegible] you this 15¢ coupon to try it.



For your pet's health feed Purina Pet Foods... and see your veterinarian annually.



100 $IDEAS UNDER $100

In the teeth of escalating prices, we've managed to keep the price ceiling of $100 intact for our collection of 100 ideas. Each of the home-enhancing projects shown here can be yours for an outlay of less than $100 in materials. To hold the price line, we've substituted less expensive materials where it could be done without sacrificing serviceability, and recycled all sorts of throwaways. There's a proviso, of course—*you* supply the labor. But that's no problem. We've included projects for all degrees of expertise in carpentry, crafts, and needlework. Go to it! This year, more than ever, how-to moxie is like money in the bank.



1. Lighted sheet screen—$25. Here's how to create a "window where there isn't one." Build a framework of 1x2s to fit your space, with verticals placed two feet or less apart. Cut bed sheets to fit each panel, then stretch and staple all but one to the back of the frame. For access to four-foot fluorescent fixture attached to ceiling behind, staple one sheet to top of frame only. Weight bottom. Install six inches from wall. Spray with fabric guard.

2. Patchwork beanbag chair—$15. Make the geometric patchwork covering by sewing together 2x10-inch strips of red, white, and blue vinyl. Completed strips should be about 36 inches long for most chairs. Sew strips together to form cylinder. Sew two vinyl circles to top and bottom, leaving room to restuff, then hand-stitch opening to close.



3



4

3. Sturdy oak bench—$34. This fine-lined oak bench stands 18 inches high at seat and is 38 inches wide. Make the two main components in assembly-line fashion, using oak 1x3s. The 12 seat slats have mitered joints, glued and nailed, at each end; the 22 legs (11 on a side) have one mitered joint each. Drill with templates for legs and seat slats. Assemble with ½-inch threaded metal rods with nut and washer on each end. Coat with varnish before or after assembling.

4. Foot-locker game table—$27. Apply a chess or checkerboard top to a standard table foot locker. To make squares you'll need upholstery vinyl in two colors, ¼ yard of each. Measure top of locker and divide into 64 squares (eight per side). Cut vinyl to measurement of each square and glue with contact cement, alternating colors.

All credits on page 84

100 $ IDEAS UNDER 100



6



5

Buying information, page 87

5. Basket storage—$25. Inexpensive baskets of all shapes and sizes are great showcases for kitchen collections. They also put often-used utensils at your fingertips. Choose deep, rounded baskets for tall spoons and spatulas, shelving baskets for herbs and spices, a lightweight wine rack for place mats and napkins. Baskets can be sprayed with enamel, too.

6. Tubular storage—$26. Sizes of the cardboard tubes in this novel unit were dictated by the dimensions of stereo and speakers. Tubes of 20-, 18-, 16-, and 12-inch diameters were cut to 12-inch lengths, covered with fabric remnants, and bolted together in a pyramid. You can add a light behind unit.

7. Rugged outdoor furniture—$10. To bedeck this deck, an 8x8-inch fir timber was cut to assorted lengths. The legs are nailed-on 4x6s and 2x4s.



7

8. Slab-top plant stand—$5. This understated stand puts the emphasis on the plant. The top won't waterspot because it's a slab of used marble (you can substitute laminated plastic). Saw a 4x12-inch beam to 30 inches long and add a base of mitered 2x4s. Edge the top with mitered 2x2s. Stain dark and leave unfinished, or coat with varnish.

9. Grow-along storage unit—$45. Your children will never be too grown up for this versatile wardrobe, chest of drawers, and shelf storage unit. It's made of three separate units, all stackable and interchangeable. Casters on the bottom make it easily transferable from room to room. Make it all of ¾-inch plywood using simple butt joints, finishing nails, and glue. Paint with enamel.

Better Homes and Gardens Project Plan 4407-2.
To order, see page 97



8





100 IDEAS UNDER $100



1

0. Giraffe growth chart—$10. Growing up is ven more fun than usual for youngsters hen they can record their progress on a giant iraffe. Our smiling six-footer sports a stanard tape measure along the fringe of his eck. Grommets concealed by embroidery re in the horns, nose, and tail so you can ang him on wall or door.

o order pattern, see page 97

1. Pantry animals—$5.50. You can create a arnival of fantasy animals with pantry props. xcept for the pan, everything is reusable. or pan beetle, punch holes in sides, insert xles, and attach wheels. Remove plastic part f handle and attach pull cord. For other nimals cut blocks of 1x2 to size. You add crew eyes, axles, and wheels to bottom of lock and affix items to top with rubber ceent. Now, dream up other zoo creatures.

12. Deck extension planter—$7. All you need to add a spot of color to the edge of a deck is an open frame of 2x6s, bolted to the joists underneath. Allow for about 11 inches between deck and planter side, to receive 12-inch clay pots. You can change pots often to keep your prize plants on display all summer long.

13. Cedar bath wall—$55. Six-inch cedar lap siding and ¾-inch-thick cedar combine to produce this great wall cove effect. Snug the siding between a frame of cedar 1x2s and curved corner gussets. Toenail the siding into the frame, and studs where possible. Anchor a three-board skirt in front to vertical ledgers on each side. Cover skirt ends with a 1x2 cap. Seal the wall with polyurethane varnish, to preserve natural cedar color and also simplify cleanup.



13



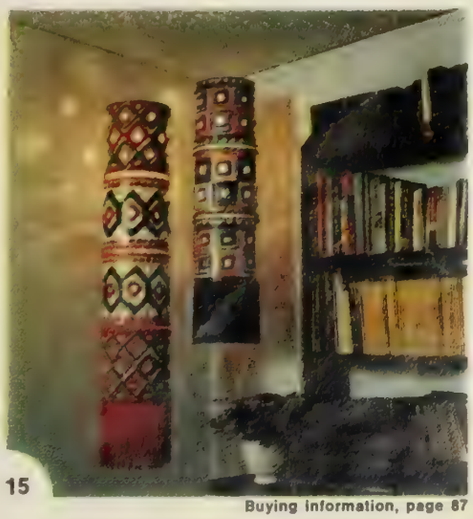
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14

14. Cube for seating and storage—$15. This 15-inch cube of ¾-inch plywood serves as a seat, footstool, or storage unit. Casters hold the recessed bottom off the floor. The reversible top has a carpet square glued on one side and laminated plastic on the other. Give the unit two coats of gloss enamel and add pull handles.

15. Ice-cream-carton lights—$5. You can convert two-gallon ice cream cartons into eye-catching lamps. Leave top carton intact, but remove bottoms of others. Paint design on with acrylics and cut shaped holes so light will throw patterns on wall. Punch holes in edges and lace with yarn. Add fringe if desired. Hang from electrical cord attached to socket and slipped through hole in top. Knot cord about three inches above socket to secure the lamp.



15

Buying information, page 87



16

16. Outdoor buffet—$78. This buffet is sturdy enough for lots of uses. It's made of ¾-inch exterior plywood and measures 68 inches long, 20 inches wide, and 32 inches high. Ends and inside divider are 18x24 inches, the four doors 16½x24 inches, and the top 20x28 inches. A five-inch-high recessed base and resulting toe space give it a light look. Here, the wall forms the back. Weatherproof with stain and sealer.

17. Pile of painted pillows—$9.75. To make the five medium-sized pillows shown you'll need three yards of 45-inch-wide muslin, foam filling, three packages of colored cable cord, and several colors of textile paint. Cut out pillow shapes and 1½-inch strips for cording. Draw designs and paint in the areas —the bolder the colors, the better—then "set" the paint. Stitch, stuff, and close.



17



18

18. Wood and aluminum fixture—$18. To make this striking fixture, bend four 6x13½-inch pieces of sheet aluminum into four-inch-diameter cylinders. Bend their ends to 90 degrees to fit over frame ends and bolt on. Lap-joint 6x12-inch pieces of ¾-inch pine to form "X" frame. Fasten sockets to frame with metal strips, routing wires up through 18-inch lengths of chain. Use screw eyes in wood and standard hanging hardware to fasten the fixture to ceiling.

19. Plastic photo backsplash—$21. You already have the main ingredient for this idea —that collection of snapshots tucked away in a drawer. All you need is an acrylic sheet, cut to fit between counter and upper cabinets. Quarter-round molding, screwed into place, lets you remove the plastic to change the photos whenever you please.



19

20. Baby's sleeping bag and tote sack—$8
Sew up this cuddly carrier and tote for you infant or stitch them together for a specia gift. Stem of flower-shaped carrier zips ope for easy in-and-out. Both tote and carrier ca be machine washed and dried. Detailed how to instructions are on page 82.

21. Fake flagstone floor—$25. A roll of heav wrapping paper, a quart of white glue, an 1½ gallons of polyurethane varnish ca transform a 12x6-foot concrete floor. Firs clean floor and patch with latex base cement Tear paper into shapes with soft, ragge edges. Apply one-to-one glue and water mix ture to backs (glue on front shows white unde varnish). Lay pieces down, overlapping t simulate mortar, and smooth out wrinkles When floor is dry, apply four or five coats o varnish, letting each coat dry overnight.



20

Buying information, page 8





24. Boot storage from tubes—$5. Make it fun for little ones to stash their boots. Three diameters of cardboard sono tubes were used here to fit under stairs and accommodate different footwear. Cut sections to length (these are 12 inches), bolt or glue together, and coat with polyurethane.

25. Vanity mirror with lighting—$68. Plan yours as big as the space available. Start by building a 1x6 frame. Add the closed storage section and install mirror between small stops, front and back. Be sure to leave an inch of space behind the mirror so you can hang and wire the unit. For lighting, attach a pre-wired, multi-outlet strip. Cut holes for the bulbs (use plug adapters) in a piece of ¼-inch plywood and cover the strip. Add trim and hang unit on ledger strip. You'll want to paint unit with enamel to match decor.

2. Versatile lath cubes—$30. You can use ır trio of sturdy lath cubes as planters, ools, or storage units. Build the 16-inch des from ¾-inch rough exterior plywood ıd cover with rough lath laid at 45 degrees. ut top and bottom from ½-inch exterior ywood. To hold top in place, fasten strips scrap lumber to underside. Sand and paint p. To use unit as planter, cut hole for pot. eave seating top loose if you plan to use cube r storage.

. Decorative light diffuser—$5. Here's an sy way to eliminate glare from an outdoor ght. Sandwich an aluminum sheet between ardboard and drill your design. Cut notches a ¾-inch aluminum angle and bend it to) degrees. Attach to aluminum with small lts, drill holes in ends, and screw to the use, allowing space to change bulb.



24

100 IDEAS UNDER $100



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25



26

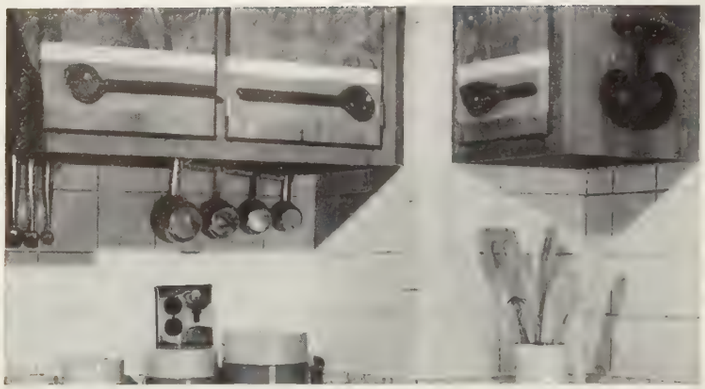
26. Redwood patio step and planters—$47. This quick-to-build combination makes a great transition from house to patio. For the step, use nine redwood 2x4s, spaced 1½ inch apart; build the planters with redwood 2x6s for sides and bottoms. The three parts can simply rest on the patio surface or you may need to block them up to the proper height. "Garden grade" redwood will save you money, but with any grade, no finish is needed.

27. Newel-post coat-tree—$25. If your little ones have trouble hanging up their jackets and coats, coax them with this colorful, child-size coatrack. It's an old newel post (from a stairway) that's been equipped with hooks and brightly painted. This round wood base was turned on a lathe, but any heavy one would do.



27





28. Wood-spoon door pulls—$12. You can give your kitchen a gourmet look by replacing the standard cabinet pulls with wooden mixing spoons. Select a variety of spoons—solid, slotted, or with holes—shortening handles as necessary for narrow doors and drawers. Remove the old hardware, retaining screws and spacers. Drill holes in back of the wooden spoons corresponding to those of the original fastenings. You can paint the spoons with enamel or stain and varnish them.



29. Firewood basket—$7. All it takes to make this fireplace accessory is one evening's work, less than half a sheet of plywood, and some 1x4s. Use ¾-inch plywood for the two base pieces and the stretcher between them. Cut the 1x4s so they'll extend four inches past each end and them to the base. For a mo ished look, chamfer the ed the 1x4s first, so they'll gether snugly. You can sta varnish the basket, or pa match decor. Either way, have an eye-pleasing acce

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Povey Bldrs. Sply.
EUGENE—Lincoln Lbr.
Fred Meyer Home Imp. Ctr.
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30. Sliding privacy panels—$86. Tired of using shades or drapes at your sliding glass doors? Try this neat privacy treatment. Use ¾-inch pine for the uprights and two bottom crosspieces, and ¾-inch plywood for the arched top pieces. Assemble each door using dowels, then rout the inside edges. Staple the fabric (don't overlap it) to a piece of ¼-inch plywood slightly smaller than the door. Fasten plywood to the back of door with screws. Paint plywood to match exterior trim, then hang doors on tracks.



31. Radiator camouflage—$14. This is one great way to disguise an ugly radiator without reducing its effectiveness. The framing is fairly standard—2x2s supporting ¾-inch pine shelves. But the camouflage is unusual and imaginative. Common hemp string is threaded into holes drilled diagonally through the inside edges of the 2x2s, creating a stylish, nubby look that blends with nearly any decor. You may want to paint the framework to match or contrast with the wall behind.



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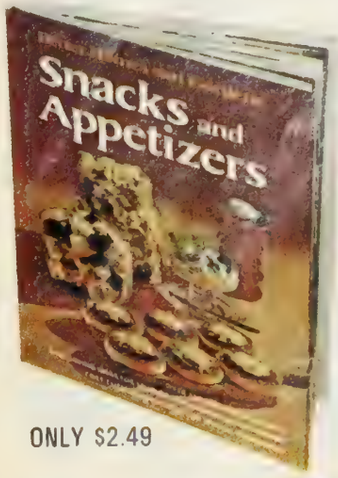
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32. Fantasy drawer pulls—$5. Colorful pulls like these add child appeal to a plain chest of drawers. Use a jigsaw to cut your designs from scraps of ½-inch and ¾-inch plywood. Sand the cutouts, then add details with bright nontoxic enamel. To attach cutouts to the dresser, small plywood spacer to the of each, then drive screws the inside of drawers th pre-drilled holes in the s and cutout. Select your d from children's coloring b tracing them onto plywood.



Buying information,

33. Closet/dressing module—$77. Build and use this self-contained unit, then take it with you when you move. The structure is a simple frame of 2x2s covered on both sides with ⅛-inch tempered hardboard. Facing pieces on the front are a 1x12 at top, a 1x6 at table, and strips 1⅞ inches on the three vertical uprig shallow fluorescent fixture den behind the top facing illuminates the makeup Paint unit with semigloss e in one color or two to mat cor of bedroom.

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Summertime Stitchery



Natures Blossom Add the freshness of Nature to your home! This beautiful kit includes design stamped on homespun fabric, wool yarns, needle, easy instructions including diagram of stitches. Fits our solid wood 18"x24" frame (not shown). Kit No. 00325 $7.99; 2 for $14.99. Frame No. 00099 $8.49. Kit and Frame No. 00326 $15.49; 2 for $28.98



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100 IDEAS UNDER $100



36. Bath vanity mirrors—$55. Brighten your bathroom with this attractive wall treatment. The pine frame is made of 1x4s, butt-jointed for easy construction. Use mitered 1x2s for mirror frames (or buy framing stock) and hinge them to shelving frame. Add magnetic catche hind mirror doors and an a ance strip fitted with so across the unit's top. You give the surface above the ing strip some reflective qu with white paint, but you'll to stain and varnish the rest.



37. Redwood pot shelves—$82. You can collect a jungle of plants and give each one separate display space with an on-deck plant stand like this. It also serves to screen the view of the neighboring house. This easy to build display center is six feet high and 13 feet long. Basic materials ar redwood boards, 2x3 cross to hold shelves, and 2x6 The tapered posts set on en port the fence and screen at Painted hardboard on back off view. Space shelves plants.

A Sealy Posturepedic morning. starts with no morning backache from sleeping on a too-soft mattress.



100 IDEAS UNDER $100



38. Shag-rug floor pillow—$10. What could be a more comfortable spot to relax on than this pillow made of two 2x3-foot rug scraps? Shag helps hide the seams, but you could mix shag and plush just as well. In addition, you'll need several skeins of heavy yarn, carpet or heavy button thread, and about five pounds of polyester filling. The assembly is easy, and the results are rewarding. Clean the pillow with a vacuum. For complete how-to instructions and pattern, see pillow details on page 84.



40. Condiment cabinet—$14. Here's a clever way to activate a seldom-used corner cabinet. Convert it into a slide-out rack unit for seasonings and spices. Make three drawers that divide the behind-door space; the height of each depends on what will be stored in it. Attach drawers t cabinet door and endpiece cut t interior dimensions of cabin with countersunk screws. Mour the unit on a set of heavy-dut drawer slides, fill and sand scre holes, and stain or paint to matc other cabinets.



39. Study/home office alcove—$59. Build the stub wall from 2x4s and drywall, then cut curved gussets from ¾-inch plywood and anchor them into the back corners to define arch. Make the corner shelf unit next, using one gusset as the bottom of the unit, another as the top. Nail ⅛-inch untempered hardboard to gussets to form curve (use vertical nailing strips where board meets). Cut opening for shelf, then spackle and paint. Add a curved counter of plastic-topped ¾-inch plywood for work top.



Buying information, page 8

41. Bar/storage in a closet—$84. Use this idea in a bedroom that now serves as a den, or in any conveniently located closet.

First remove the doors—if flush doors, you can reuse them for the counter and as the "floor" of the cabinet below. Nail 2x2s to the closet walls for counter and floor to rest on. Then add a shelf in the base cabinet and cover with louvered shutters. Above build a combination of open shelves and shuttered compart ments to hold a variety of glasse and bar supplies.





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42. Versatile stair-step toy—$31. What could be handier for the young ones around your house? A rocker is on one side, a step platform on the other, and the unit can be built in an evening. Use ¾-inch plywood throughout. Adapt the dimensions to your needs, but keep the wide enough so it won't tip e Make the step risers and trea least eight inches deep. La the step design on the sidep before gluing and nailing together. Seal, sand, and with epoxy paint for long li



43. Piano planter—$32. An old, unwanted upright can be recycled into a great indoor planter. Ours cost $25, but some are free if you do the hauling. Remove the keys and all internal parts, then build two shelves. The front one is a piece of hardboard laid flat where the keys use be. The other is ¾-inch plyw It rests inside the top-lid ope with ledgers fastened to the six inches below the surface. open lid is a perfect third s Paint with colored enam highlight plant foliage.



44. Plastic-pipe towel rack—$ First assemble and glue fou bows, one tee, and some lengths of pipe. Next, cut discs to fit into the flanges chor the discs to the wa mounting points, drill two through each flange, then n to discs with screws and glue

Buying information, page 87





Dewy-fresh, delicate and delightful as the pastures and gardens that inspired its name, Cotswolds can add its pastel prettiness to your home.

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100 IDEAS UNDER $100



Paneled study center—$86. ese 4x6x1-foot units can turn os into order. Build sides and s of each unit by sandwiching 2s between layers of ⅛-inch pered hardboard; back with dboard, too. Nail 1½-inch gers to back and sides, then l shelves of ⅜-inch plywood. Finish with a ledger at the middle of each shelf and a facing piece. Vertical rails are the same width as facing pieces on shelves. Desk is made of ¾-inch plywood pivoted on a piano hinge and stopped by chains. Fill all nail holes with spackle, then sand and paint with two colors of enamel.



47. Buckboard bed—$50. If there's a little cowboy in your house, he'll be fascinated by this bouncy Western bed. It even has wagon wheels and a "climb aboard" seat. The frame is 1x8 pine, with 2x4-inch legs for support, and holds a youth-size mattress and springs (66x30 inches). The wheels are nonfunctional. Side slats of ½-inch plywood are bolted and strapped together, and can be removed for easy linen changing.

Better Homes and Gardens Project Plan 4407-1.
To order see page 97

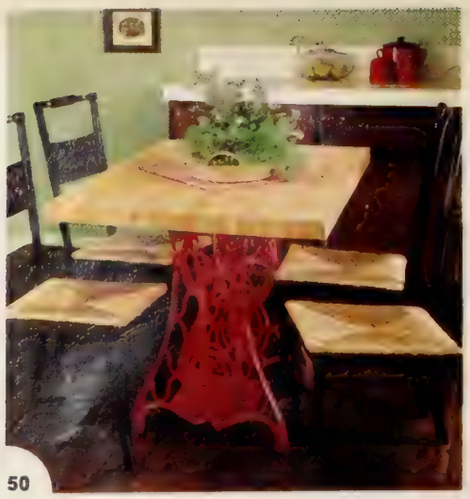


4 Flowerpot cover-up—$6. Con- t scraps of plywood and hard- ard into a disguise for a clay p . Sides of this unit are 15 i hes square, though dimen- s ns will depend upon the size o the pot you're covering. Build a ox out of ½- or ¾-inch plywood, then cut a circle in the top with a saber saw. Make saw kerfs along one side of a 1½-inch-wide strip of ⅛-inch untempered hardboard and bend it to inside of circle to form a collar. Nail it in place. Sand and paint the unit. Top is left free for the pot.



48. Wall for collectibles—$66. Spruce up a dull wall and provide display space, too. You'll need redwood 1x4s and ¼-inch-thick transparent plastic. Start at the bottom of wall by nailing the horizontals directly into studs, inserting the shelves as you go, forcing wood against plastic as firmly as possible before nailing. Finish by butting the vertical 1x4s tightly against each end and nailing to wall. Limit shelves to six-inch depth and avoid placing heavy objects on them. Change pattern of shelves as needed.

100 IDEAS UNDER $100



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49. Circus wagon window—$22. To enliven child's room, add an amiable lion to th window shade. Make the gingerbread trim o the casing of ¼-inch plywood, painted an attached with brads. Fasten wheels to 1x2 inch scraps behind. Apply "gilt" cut from adhesive-backed paper to gingerbread. Ma chine appliqué the cloth lion to untreate fabric. See how-to on page 82.

50. Butcher-block-topped table—$89. For th base of this conversation-piece table, you' need to acquire a treadle sewing machin (check antique shops or garage sales). A lumberyard can supply the butcher-block to (30x48x1½ inches for $60). Or you can mak the top yourself from maple or fir for less Fasten 2x2s with glue and threaded rods then sand and finish. Attach with wood screw through the base.



49



52

51. Cabinet-door gallery—$28. Poster-siz photos of the children are a great way to per sonalize the kitchen. The pictures are held to the cabinet doors with ½-inch picture molding. Make frame perimeter ½ to 1 inch smaller than doors all around. Paint and at tach with brads or plated screws, leaving one side of frame unjoined for removal of photos They're mounted on illustration board and sprayed with clear acrylic.

52. Classic oak side chair—$38. Tackle thi chair for a first furniture project because i goes together quickly and simply. Cut sec tions out of ¾-inch oak-veneered plywood and trim edges with ¾-inch-thick oak strips Fasten components together with hex bolts o screws. Chair measures 27½ inches high b 20 inches wide. Suede vinyl covers foam-rub ber seat and back cushions.



53. Vinyl kitchen caddy—$5. What could b handier for cleanup supplies? One-fourth yard of flexible plastic lining protects pocket from water and prevents stains on wall. Line ¾ yard of colored vinyl with plastic, then stitch edges and pocket areas using ¾-inch nylon fastening tape. Hang caddy from two 34-inch dowels inserted in top and bottom hems and secure to wall with cup hooks.

54. Aluminum foil walls—$8. Here's a slick way to brighten up any room. This bath re quired five rolls of aluminum foil, four quarts of rubber cement, and a rubber cement ap plicator. Cut foil in strips of varying lengths, spread adhesive on dull side, and smooth to walls with your hands. Don't fret about over laps or wrinkles, but avoid prolonged ex posure to rubber cement vapors. Foil wipes clean easily and stays bright and shiny.

Buying information, page 87





100 IDEAS UNDER $100



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59

Natural-post plant arrangement—$35. To
licate this potted plant center cut one
e post (available at farm supply stores)
four unequal lengths. Our post was orig-
lly eight feet long by eight inches in
meter. Set each section into position, then
rrange till you get the effect you want.
k posts into concrete base, or stand on end.
n set your indoor plants out to sun. As
ts weather they become more attractive.

Crocheted hammock—$22. If you're handy
h a crochet hook, you can whip up a ham-
ck that's as decorative as it is comfortable.
u make it with heavy twine so it's more
able than it looks. Even beginners who
e mastered double crochet will not find
ifficult. Use it inside in winter and move
utdoors in summer. For complete how-to
rmation, see page 82.

Instant buffet cube—$10.50. Drape any
card table in floor-length runners for an
ant buffet. Insert dowels into hem casings
old fabric straight. For a 30-inch-square
e you'll need 2½ yards of fabric 45 inches
e. Each runner will measure 90x32 inches,
a ¾-inch end hem. Sides have minimum
. Runners can be laundered.

Mobile book shelves—$25. This natural-
shed bookcase not only displays your
ks, it boxes them up when it's time to
ve. The unit is actually two 1x12x42-inch
boxes, each with its own lid. When lids
attached to ends of boxes by screws they
e as uprights for the bookcase. At moving
e, the lids can be screwed in place to make
es. You can vary sizes of the boxes to fit
books you have. Plywood could be used,
will require edge finishing.

59. Oak-flooring coffee table—$23. Use strips of tongue-and-groove flooring to make this unusual table. After determining the size, make two U-shaped supports from strips with tongue and groove removed. Nail more strips to cover top and sides. Miter edges where top and sides join. Apply skirt detail, using miter joints, to exposed edges. To strengthen table, glue extra trim strips to surfaces. Finish with varnish. You may substitute fir flooring for oak to lower cost.

60. Porch-railing bike rack—$7. Corral the family's bicycle collection with a bike rack in the corner of your garage. All you need to make this one is a four-foot section of porch railing with mounting hardware and some scrap lumber. The frame is made from 2x4s lap-jointed at corners and screwed. Another 2x4 joins the ends together to keep it rigid.



60

61. Two-person sofa—$85. Smart as it is, this sofa will cost you about half the price of retail versions. Start with a 2x4 frame resting on casters, then build a second frame to go above it which will slant slightly toward the back to support the seat. Use lag screws to fasten the sides and back (2x10-inch vertical grain Douglas fir) to the two frames. Countersink and plug the screws used to anchor the upper frame. Add the seat first, then the back, both ¾-inch plywood, shimming out the back to a comfortable slant. Tie together back and sides with a top cap of 2x3-inch fir, dadoed to fit over the 2x10s. Attach a 1x12-inch piece of red cedar to the front, and finish off around bottom with a 1x4-inch fir strip. Overall dimensions are 30x30x62 inches. Cushions are made by wrapping foam-rubber blocks with batting, then upholstering.



61

Buying information, page 87



62



64

62. Cable-spool headboard—$15. That's a pittance to pay for a rustic headboard as handsome as this. And you may be able to beat that price because nonreturnable cable reels are often given away. Simply remove the top, sand it, darken stenciling with a felt-tip pen, then finish with a coat of tung oil or polyurethane varnish. Cut off a strip at the bottom for better stability.

63. Latticed patio table—$6. Made from scraps of lath, this good-looking little table is quite a bargain. The top, made of crisscrossed redwood lathes, is 16x22 inches edged with 2x3s, and the legs are 1x2s. The unit stands 14½ inches high. For added strength, eight laths are nailed to the "V" formed by the upper portions of the table legs. Let redwood color with age, or finish with a clear coating.

100 IDEAS UNDER $100



65

64. Tile vegetable garden—$9. Seed packets decoupaged on tiles add appetizing color to the kitchen. Carefully cut out vegetable (or flower) pictures from seed packages. Then coat solid-color glazed tiles and backs of pictures with rubber cement. Smooth down pictures to remove wrinkles and bubbles and allow to dry. Spray with three coats of clear glossy acrylic.

65. Wood and aluminum wall fixture—$5. Form a 4x6-inch aluminum sheet into a cylinder six inches tall. Bend ends of cylinder to fit either side of a piece of wood ¾ inch by six inches. Drill through aluminum and wood to accommodate three chromed bolts and nuts. Fasten assembly to 4x6-inch wood block by screwing through the back. Attach the socket inside cylinder with metal strip. Route wires through the wood to wall box, or add cord.

68. Pots-and-pans hanger—$37. To give your kitchen an authoritative look, build this hanging ladder-type storage along one wall or between banks of wall cabinets separated by a window. It's much easier to build the unit on the floor, then hang it in place. Dimensions of the unit will vary with the space you want to span. Assemble by butting the 1x3-inch crosspieces against the 2x6-inch runners and fasten with countersunk finishing nails or dowels. Sand, stain, and coat with varnish, or paint, then add large cup hooks at random. Costs of this unit can vary considerably, depending upon the type and quantity of materials you use. Substituting white pine for the birch used here, for example, will cut your expense by about $10. You'll find the ladder adapts to hanging plants, herbs, or onions and peppers, too.



66

66. Three-dimensional mural—$50. Let your creativity run wild with a wall of designs in plywood. Four sheets of ¾-inch plywood were used in this mural but you could vary the thickness. Don't waste money on anything better than A-D, since one side won't show. First make a scale drawing of a design to fit your space, trace onto plywood, and cut with a jigsaw. Sand and paint the various pieces, then attach to wall with panel adhesive and finishing nails.

67. Parsons-type plant table—$18. If you're plant-proud, you'll appreciate this table designed to show off plants, not pots. It measures 36 inches long, 18 inches high, and 12 inches wide. From ¾-inch plywood cut sides and legs of same width. Miter all corners and cut top to fit flush. Holes in top match pot sizes. Sand, fill, and paint with semigloss.



63



67

Buying information, page 87




PLAYSKOOL
POSTAL STATION



70

9. Cutout toy storage—$48. This ingenious nit encourages kids to stash their toys. helves and dividers are ¾-inch plywood. he end and cutout front are ¼-inch ply- ood. Divide width and height to get size f the storage cubicles. Plan radius of cut- uts an inch smaller than squares.

0. Mountain goat seat—$20. Cut 1x4-inch ine in the following lengths: legs, eight 16- ch lengths; two 12-inch lengths for cross- ieces; one 13-inch piece for the neck; one -inch length for the nose, and an 18-inch ngth of 1x6 for horns. Join legs with 3½- ch-long mortise hinges (three pairs) and old at 45-degree angles with plated hooks nd eyes. Wrap a tacking strip with canvas uck and nail to frame for seat. Make feet om wood scraps and finish with a coat of ear varnish.

1. Pocketed perpetual calendar—$20. This x5-foot calendar will help keep the whole amily up to date. Use bright button-on pock- ts with appliquéd numerals to hold bills and tters, and rearrange them each month. Re- ersible panels carry names of the months. dd the year with shoelaces.

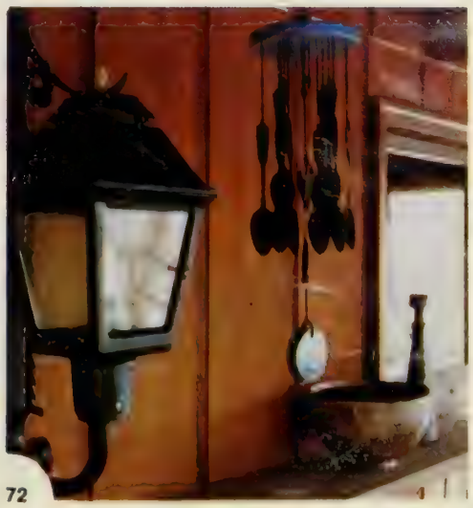
o order pattern see page 97

2. Flatware wind chimes—$10. To make tin atware look and sound beautiful, cut two ircles from scrap lumber, one 7½ inches in iameter, the other 3½ inches. Drill 13 holes the larger, one in edge of the other. Drill oles in handles of 13 flatware pieces and one lip of one spoon. Attach them with cord hrough holes in large circle; add small circle spoon in same manner; hang spoon in the enter to serve as the clapper.

3. Sandbox and slide—$18. Kids can climb, ide, or play in the sand with this 4x5-foot nit. When it's not in use the cover forms a unning platform. Lift the lid and a center ection drops out to form a ladder. Inside, a anel of hardboard makes a slide. The ladder as a chain brace to prevent it from moving ut too far; a hook on one ladder leg attaches an eye sunk into ground so youngster's an't lift or move ladder legs. Use redwood or box and lid.

4. All-family organizer—$10. You can com- lete this project in one evening since it's a mple four-sided box made of 1x4s, then ivided with a 1x4 vertical and hardboard artitions. This box measures 42 inches long nd about 13 inches high—but plan yours to t your space and needs. Sand and paint with right enamel.

100 IDEAS $ UNDER 100



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74

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75



79



80



76

100 IDEAS UNDER $100



77



78

75. Wraparound play center—$60. Here's a compact storage and play environment for kids. It's made of two 4x1x3-foot-high cabinets joined by three butt hinges. Closed, the unit keeps toys and games neatly hidden; open, it's a play center. Casters on the bottom of each cabinet make moving easy. Back panels are ¼-inch plywood, 12-inch shelves are ½-inch particle board. Finish in enamel.

76. Stereo speaker camouflage—$35. Build one box and you can hide your stereo speakers and show off your plants. Make the framework of 2x2s, crosspieces of 1x2s, and a beveled 2x3-inch cap strip. Use ½-inch plywood for sides and back. Cover front with coarse-weave fabric. A ½-inch-thick plywood shelf is recessed in top for plants. Trim with finials and paint with latex. Insert a plastic pan on shelf to hold plants and catch excess water.

77. Decorative catchall drawers—$3. The makings are little drawers from old sewing machines, about $1 per drawer at junk shops. For the recipe file, cut small pieces of plywood and insert in bottom to raise cards, and add section dividers. The planter is waterproofed with a plastic lining. Hang dressed-up drawer or stand it on counter top.

78. Global patio light—$19. Shed a little light on your garden path with this good-looking globe. It stands two feet high and uses a standard ten-inch globe (from a hardware store). Use a ½-inch galvanized pipe to set light into a concrete base 12 inches below ground. Install the globe onto the pipe over a flange. To prevent moisture seepage around the globe, treat flange edge with florist's putty. Link to nearest outlet with underground wires. Vary height to suit your plantings.

79. Cubistic chandelier—$57. Crosspieces are redwood 4x6s, lap-jointed for strength. Boxy columns are 1x8s with mitered corners; double sockets in each direct light up and down. Use two-inch-wide redwood pieces for column trim at top and bottom. For diffused light insert square of frosted glass in each column. Nail a wooden block and cap to bottom of crosspieces where they join, and route small grooves along the top of them to hide wiring. Hang with chain and ring, then level with lead sinkers on crosspieces.

80. Study and seating unit—$93. Turn an awkward niche into a study and lounge area. Two campaign chests support a ledge of ½-inch plywood that serves as desk top and lounge seating. A 2x4-inch ledger under window adds support. Edge trim is 1x4 stock. Cover a foam pad with bright fabric for seat.

81. Sono-tube storage—$17. Put some flair in your bathroom, or anywhere, with storage units made from sono tubes. Sold by building products suppliers, these cardboard tubes are normally used as concrete forms. Cost varies by diameter, from 65 cents to $2.25 per lineal foot. The tubes can be cut to size with a handsaw and readily accept a variety of paint and varnishes; only the edges need sanding.

Diameters used in this freestanding bath unit are ten and 12 inches, cut to varying lengths from three to 20 inches. For stability, the deeper sections are fastened together at bottom and sides with small stove bolts, but you'll want to paint the sections inside and out before assembling, then touch up bolt ends. Total dimensions and sizes of tubes are decided by your space. Plan just what you want to store before choosing sizes.

Buying information, page 87





. **Redwood-lath privacy screen—$45.** The ed for privacy screens may be a contempo- ry phenomenon but that doesn't mean they ve to look modern. This ten-foot-long reen is reminiscent of an old-time gazebo, mplete with finials atop the redwood 4x4- ch posts. The panels are made of redwood hs nailed to 2x2-inch redwood frames. On e inside, all panels measure 51 inches high. ch of the four outside panels is 19 inches de; the center panel, 14 inches. Since the reen is sunk a foot into the ground, visible ight is eight feet. For the screen base, 2x4 strung horizontally between ends posts 17 ches from the ground. A second 2x4 runs tween posts 53 inches above the bottom nner. The 21½-inch-high arches are made soaking the laths in water and bending em to shape.



83

Corner tripod planter—$4. Here's how you n elevate your favorite fern, without hooks the ceiling. Take three one-inch-diameter wels, each 30 inches long, and notch top ds to hold a long leather thong. Position pod legs and mark holes for two 2¼-inch- g machine bolts, then drill and insert bolts o legs. Tie thong in place.

Hidden sewing center—$79. You can ild this whole unit from scratch, much as u would a cabinet, under a 1x10-inch unter top 54 inches long. A 6½-inch- p shelf holds the sewing machine when rs are closed. Hinge a 36x20-inch exten- n to the permanent shelf for the sewing le. Cover work surfaces with laminated stic. Mount foldable legs under extension h latches to hold in place. Hang hinged inet doors on a metal track.


84


87

Mahogany lantern—$19. Build the top and tom separately (each about nine inches are). The bottom piece of the top section the top piece of the bottom section are aller than other layers to accept the opaque stic. Leave a four-inch-square opening in bottom to change bulbs. Fasten asbestos er to bottom of top, cover with aluminum to repel heat, then add porcelain socket oil and attach cord. Use a strip heater to d plastic 90 degrees. Four mahogany ights are 1x2s about 26 inches long with aps of 1x2 on backs to stop plastic. Nail ights to top and bottom, then spot-glue stic pieces in place. Finish by adding 3x4- n trim around the perimeters of the plastic. outdoor use, seal with polyurethane var- to weatherproof the lantern. It adds a oriental touch to a patio.


85



Work counter and tray storage—$78. This foot unit includes storage cabinet, divided for large trays, shelf for lap trays, and nch-deep counter top. Attach top to exist- cabinet and support with two vertical s at the end. Use 1x2s and ¾-inch ply- d for framework of tray storage area, n divide with ¼-inch plywood. Insert orative balusters in 1x1 frame and nail front of tray area. Finish as desired.

Shelves to hold anything—$7. You'll want plan your pigeonholed shelf unit to fit space you have. This one is about 22x38 es. Pine 1x4s are used throughout. Begin uilding the outside frame, then add di- rs, cutting and fitting as you go, to ac- modate your displayables. Use finishing s, countersunk and filled. Give the unit a of paint and hang on two nails.


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100 IDEAS UNDER $100



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90



91



89

88. Toddler's A-frame tent—$12. If he's outgrown his infant swing, disconnect swing from frame and drape the frame with bright fabric. To form tent sides, drape fabric over from old front to back. Allow for a ¾-inch seam on all sections and a two-inch hem on the ends. For tent back, lay fabric on cutting surface, position frame on fabric, and cut. Front is the same as back, except it's halved from top to bottom. Add twill tape inside tent top and down inside corners.

89. Youth bed/end table/storage—$79. This space-stingy combo can be built in two separate sections, then joined later. Both units are simple boxes of ⅜-inch exterior siding, glued and nailed to a 2x4 frame. The foam mattress is supported by ¾-inch plywood on ledgers. The hardboard-topped table offers handy storage below.

90. Wall-hung bedspread—$25. All your child has to do to make up this bed is lift the top of the spread and slip loops over three hooks in the wall. The elevated spread also makes a dandy downhill course for toy race cars. Appliqué the car and course motifs or make from scratch. For how-to information, see page 82.

91. Archway divider—$89. This unit not only divides, it stores some possessions and displays others. The depth of the unit depends on the thickness of your walls. In this older home, 1x12s were used for the sides, top, bottom, and adjustable shelves. Facing pieces are a 1x6 and a 1x4, and the ledge in front of the main shelf is of ¾-inch pine. In the adjoining room, you can add another set of hinged doors or—as pictured—fill in to blend with the wall.



92

92. Triple-duty mailbox—$35. This street-side structure works overtime, serving as mailbox, driveway light, and address illuminator. The interior of the box is divided into two compartments. On the top is the mailbox, fitted with doors at both ends. Translucent plastic panels are used on three sides of the lower compartment, and the house numbers are mounted in open view. An interior light, regulated by a dawn-and-dusk timer, illuminates the bottom section. Waterproof underground wiring leads to the house. The box, cut from one sheet of 4x8-foot redwood siding, measures an overall 50 inches high, 18 inches deep, and 19 inches wide. White opaque plastic sections are cut from a 2x4-foot sheet, available at most lumberyards. Uprights are redwood 2x4s, sunk two feet into the ground.

93. Tip-proof trestle table—$30. Two vertica
instead of one on each trestle give this tab
a striking appearance and better stability. T
make trestle ends, use ¾-inch fir stair trea
for the 22-inch uprights and fir 2x4s about 3
inches long for the top and bottom cros
pieces. Fasten uprights to horizontals wi
mortise and tenon joints or dowels. Cut tw
stretchers 40 inches long of 1x6-inch fir a
fasten between trestle ends with screws. F
the top, first make the three-inch-wide ed
from fir flooring, like a picture frame (60x3
inches). Add cleat to inside of each end
edging; ¾ inch below top. Nail 1x4-inc
flooring to cleats, then position top and n
through flooring into 2x4-inch crosspiec
Fill nail holes or leave as is, but seal wi
polyurethane varnish. Your table will be
sturdy and handsome as any you can buy.





100 IDEAS $ UNDER 100





99



100



94. Canvas shelf mobile—$12. Personalize any drab corner with this high-flying shelf unit that folds up for storage. To make it, saw a four-foot piece of 1x10-inch pine into three 15-inch lengths. Cut two 1x2s to 15 inches. Stain the wood walnut. You'll need two pieces of heavy cotton duck, 36 by 9½ inches wide, hemmed. Tack duck to 1x2s top and bottom, space shelves, and tack in place. Drill holes at top and attach rope for hanging. You can make a pair to use as a divider or screen.

95. Trellis plant display—$10. Elevating plants protects carpet from mold, and shows them off to advantage. Paint about 20 pieces of 1x1-inch pine in one or many colors to suit your decor. Arrange in a grid to fit pots, attach 1x1s to each other with dowels or nails, and set in your plants. In short order you'll have a spectacular display.

98. Fool-the-eye clothes hamper—$15. This looks like a sleek cabinet but there is a nine-inch door above that swings in for clothes deposit. A framed, pierced-aluminum bottom door, held shut by a shutter hook, swings open for clothes removal. Made of ½-inch plywood, the box measures 36x18x12 inches and is painted with semigloss, after sealing and sanding. Use the top to display fancy soap or potted plants.

99. Pine cook-book cache—$25.50. Mounted on the wall or placed on the counter, this solid pine organizer will keep your recipes and cook books handy. It measures 17x13x 8¾ inches. Drawers hold 1,000 recipe cards. Order the rack in kit form (price above, postage paid) or fully assembled.

To order kit see page 97



96. Contemporary globe fixture—$14. That's a light price to pay for such a distinctive fixture. Build from 4x9-inch pine, cut and notched to interlock. Drill each piece at center around core and fasten ceramic sockets from inside with necks protruding through holes. Threaded tubing and finial hold square in place and connect to ceiling box. Use three-inch-diameter white bulbs.

97. Child's circus bed—$84. You can brighten your youngster's bedtime with this Big Top bed. It's a box of ½-inch plywood glued and nailed into rabbet grooves in the 2x4-inch pine border. A fabric-covered foam mattress rests on ¾-inch plywood supported by cleats inside the border. Underneath is storage space. Hemp rope is strung between wooden drawer pulls. You'll want to paint with bright-colored enamel and dye the rope.

100. Built-in banquette—$93. Add extra seating with this neat built-in, perfect for a kitchen or family room corner. Ends are made of ½-inch plywood with one-inch spacers sandwiched between, then capped with two-inch stock. Seats are ¾-inch plywood supported at each end and back by cleats, then shored up with plywood box in the corner under the seats. The same two-inch stock used elsewhere covers the seat fronts. Cushions are foam blocks covered with bright upholstery fabric. They're held in place with ties threaded through holes in small wood blocks attached to seat top at ends and center. Coat all plywood with sanding sealer, then sand to smooth the finish. Paint with semigloss enamel. Here a small dining table and chairs make an eating center; you might build a low coffee table for a conversation corner.

Buying information, page 87



Ice Cream the great American dessert

In an uncertain world, one thing remains reassuringly the same. Americans of all ages, in all seasons, go for ice cream to the point of conspicuous consumption—especially if it's homemade ice cream. Whether you prefer licking cones or frozen treats on a stick, or sipping sodas and shakes, or digging into gooey sundaes, you'll find plenty to tempt you right here.

By Doris Eby and
Priscilla Hanson Kruse

stagy sodas and sundaes



It's not in the American character to leave well enough alone. Witness the way we delight in turning plain ice cream into spectacular sodas and sundaes. For seekers of the flamboyant flavors, here's our collection of some soda-fountain delights that range from gooey to crunchy and fizzy to flaming. **Home Run Hits (1)** score every time. Team up butter brickle ice cream and a commercial caramel sauce. Then top 'em with a munchy-crisp topping made from pretzels, popcorn, and puffed corn cereal drenched with a luscious molasses coating a little like caramel corn from a box.

What's one of the most delicious things you could do to three generous scoops of vanilla ice cream? Top them with three different versions of a peanut butter sauce, naturally. Accent one sauce with butterscotch flavor, another with milk chocolate, and the third with honey. Crown your masterpiece with whipped dessert topping and a cherry and call it **Three-D Peanut Butter Sundae (2).**

For a party, or anytime, why not serve a **Frozen Treasure Chest with Peach Sauce (3)?** It's pretty and easy besides being a convenient make-ahead. Hollow out a purchased pound cake and fill it with layers of raspberry and lemon and lime sherbets. The cake is frosted with whipped dessert topping and sprinkled with toasted almonds. Complement this elegant dessert with a peach of a sauce that has just the right touch of cinnamon.

Or if you'd prefer a soda, how about a scintillating **Cherry Bliss Fizz (4)** that starts with syrup made from cherry jam? Add scoops of vanilla and cherry nut ice cream, pour in the lemon-lime carbonated drink, and watch the concoction bubble.

A frothy fruit soda serves up vitamins with a flourish. **Tropical Breeze (5)** starts with orange sherbet, pineapple juice, orange juice, and aromatic bitters. Garnish the soda with a perfect whole strawberry. **Grasshopper Flambe (6)** is a soda fountain version of the classic cocktail. Muddle a little vanilla ice cream with crème de menthe and crème de cacao. Add more ice cream and some carbonated water to transform it into effervescence. Perch a sugar cube soaked in extract atop and set aflame.

Recipes begin on page 74. **Buying information, page 87**





wholesome homemade pops

Pop go the vitamins! Believe it or not, these frosty treats on sticks and in cones are nutritional powerhouses. You make them with fruit and dairy products so your unsuspecting kids get vitamins and minerals with every lick.

(Clockwise beginning top left) **Cranberry-apple Flipper (7)** turns cranberry juice, applesauce, and cherry juice into a frozen juice break on a stick. Ground cinnamon adds a devilish hint of spice that is sure to please the children.

To make any day red-letter special, treat your children to **Raspberry-marshmallow Sicles (8).** Simply whip fluffy marshmallow creme and evaporated milk into soft peaks, fold in raspberries and a little lemon juice, and freeze.

Triple Pineapple Pops (9) get their name from the crushed pineapple, pineapple juice concentrate, and pineapple sherbet locked inside the luscious green lime yogurt. Freeze the pops in throwaway paper cups for convenience.

Orange Chocolate Bomb (10) packs a hefty nutritional payload. The formula: orange juice concentrate and chocolate milk stirred into vanilla ice cream. We suggest you stockpile a goodly supply in your freezer all summer.

Fill your choice of either the plain or sugar-type ice-cream cones with a mixture of frozen whipped dessert topping, cream cheese, and fruit cocktail and call 'em **Frosted Fruit Snacks (11).** We have a feeling that kids of all ages will lap them up as fast as you can make them.

Recipes begin on page 74. **Buying information, page 87**





There's no place like home for concocting the happiest ice cream flavors that ever tickled a palate. You'll see what we mean when you dip into this memorable collection of do-it-yourself flavors. And if you're a novice ice cream maker, never fear. You'll find easy instructions in our recipe section.

For generations, taffy apples have stuck tenaciously at the top of the favorite confection list. We've translated that wonderful carnival flavor into a velvety smooth **Taffy Apple Ice Cream (12).** Finely chopped pieces of apple make it crunchy, and a blend of light molasses and brown sugar makes it irresistible.

If you think of ice cream as a just-for-family dessert, you'll think again when you try **Mango Daiquiri Ice Cream (13).** Two cups of ripe mangoes plus daiquiri drink mix and rum make this an elegant finale to a very special dinner.

Cinnamon Showoff (14) packs a sassy flavor wallop. Red cinnamon candies make two important contributions: rosy color and rousing flavor. You couldn't find a tastier topping for fresh apple pie.

Jolly Gingersnap (15) can be made right in your refrigerator tray. The tangy citrus flavor comes from frozen lemonade concentrate. And those happy polka dots swirled in are crumbled gingersnaps.

A plurality of the ice cream-consuming populace might insist that plain chocolate can't be improved upon—but they haven't tried **Chocolate Honey Ice Cream (16).** Melted semisweet chocolate pieces and golden honey are blended into an egg-rich recipe that's sure to be one of summer's tastiest surprises.

Tangerine-coconut Freeze (17) gets off to a convenient start with vanilla pudding mix. Then add toasted flaked coconut for crunch and tangerine juice concentrate for sunny citrus flavor.

How does **Miracle Mocha Chip Ice Cream (18)** get polka-dotted with those myriad tiny flecks of chocolate? It's miraculously easy. Heat the unsweetened chocolate and while it's still hot, pour it very slowly into the chilled coffee-flavored custard mixture.

Recipes begin on page 74. **Buying information, page 87**

Photographs: George de Gennaro Food Stylist: Mable Hoffman



Buying information, page 87

sip-and-share milk shakes

Do you remember the first milk shake you ever tasted—the smooth-as-silk texture, the tongue-tingling cold, the creamy rich flavor? To relive that epic soda-fountain experience, whip up these memorable milk shakes at home.

Strawberry Eggnog Milk Shake, shared by our two young friends, is one of life's unique pleasures. Fresh strawberries and strawberry ice cream double the strawberry impact. Blend in eggs and milk, add just a touch of nutmeg on top, and enjoy.



Turn your blender into a dream machine and mix up this delectable fruit-full fantasy. Our **Orange Banana Shake (19)** is high on vitamins, low on calories because it's made of orange sherbet and bananas, plus a smidgen of subtle almond flavoring.

Next time the after-the-theater group stops at your house, surprise everyone with a sophisticated **Irish Coffee Spectacular (20).** A blend of coffee powder, vanilla ice cream, and Irish whiskey, it's a show in itself.



Campbell's Souper Sauce recipes give meat dishes zesty barbecue flavor inside and out.

Campbell's Soups make it easy to stir up a delicious barbecue sauce that flavors meat dishes inside and out. Because you simmer the meat in the sauce, you get barbecue flavor in every bite. Treat your family to tangy barbecue flavor with one of these kitchen-tested recipes this week.

BARBECUE LOVERS' BARBECUE SAUCE

1 can Campbell's Onion Soup
1 can (10¾ ounces) Campbell's Tomato Soup
2 tablespoons cornstarch
2 large cloves garlic, minced
¼ cup vinegar
3 tablespoons brown sugar
1 tablespoon Worcestershire
⅛ teaspoon hot pepper sauce
In bowl, combine all ingredients.

BARBECUE LOVERS' MEATBALLS

1 pound ground beef
½ pound bulk sausage
½ cup soft bread crumbs
1 egg, slightly beaten
Mix thoroughly beef, sausage, crumbs, and egg. Shape into 24 meatballs. In skillet brown meatballs; pour off fat. Add sauce mixture. Cover; cook over low heat 20 minutes or until done. Stir often. Serve with rice. Makes 6 servings.

BARBECUE LOVERS' CHICKEN

2 pounds chicken parts
2 tablespoons butter or margarine
In skillet, slowly brown chicken in butter (about 25 minutes). Add sauce mixture. Cover; cook over low heat 20 minutes or until done. Stir often. Serve with rice. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.00 with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55359. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

Campbell's makes your cooking M'm! M'm! Good!



Try this $25,000 Summertime Supper.

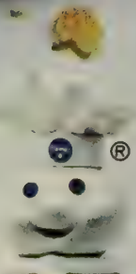
It was a winner at the Pillsbury BAKE-OFF contest becaus it was tasty and so easy to make.



Savory Crescent Chicken Squares won $25,000 at the 1974 Pillsbury BAKE-OFF® contest because they were so easy to make. You just blend Philadelphia Brand Cream Cheese with Parkay Margarine and mix it into a tasty chicken filling. Then wrap a couple of spoonfuls with Pillsbury Crescent Roll dough and bake. There are no pots to watch, no pans to stir and no broiler to broil you. But best of all, it tastes like a winner.

SAVORY CRESCENT CHICKEN SQUARES

Preheat oven to 350°. Blend 3-oz. package softened Philadelphia Brand Cream Cheese, 2 tablespoons melted Parkay Margarine until smooth. Add 2 cups cooked, cubed chicken, ¼ teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons milk, 1 tablespoon chopped chives or onion, 1 tablespoon chopped pimiento; mix well. Separate 8-oz. can Pillsbury Refrigerated Quick Crescent, Italian Flavor Crescent or Rye Crescent Dinner Rolls into 4 rectangles; seal perforations. Spoon ½ cup chicken mixture onto center of each rectangle; pull 4 corners of dough to center of mixture; seal. Brush tops with 1 tablespoon melted Parkay Margarine; dip in ¾ cup crushed seasoned croutons. Bake on ungreased cookie sheet 20-25 min. until golden brown. Then refrigerate any leftovers. 4 sandwiches.



"That's a lotta dough."

In the dairy case.







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Buying information, page 87

FILE UNDER BREADS

MEAL IN A SANDWICH

Frank-burger Loaf

This first-place sandwich will rate high with adults as well as the teen-age hamburger-and-hot-dog crowd—

1 loaf Italian bread
1 slightly beaten egg
½ cup evaporated milk
½ cup chopped dill pickle
3 tablespoons finely chopped onion
3 tablespoons finely chopped green pepper
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon worcestershire sauce
1 pound lean ground beef
3 frankfurters

Cut a ½-inch slice off the top of bread. Hollow loaf, leaving a shell 1½ inches thick. Make 2 cups soft bread crumbs from bread removed. Combine crumbs, egg, milk, pickle, onion, green pepper, salt, pepper, and worcestershire. Add beef; mix well. Pat half the meat mixture in bread shell. Lay frankfurters end to end on meat. Top with remaining meat. Replace top of loaf; secure with wooden picks. Wrap in foil. Bake in 350° oven for 1½ hours. Combine ¼ cup chili sauce and 2 tablespoons mustard; heat through. Pass with sandwich. Makes 6 servings.

Mrs. Janis Stadler, St. Paul, Minn

Cut along dotted line



Photographs: Dieter

FILE UNDER DESSERTS

MELON DESSERTS

Honeydew Lemon Parfaits

In this prizewinning dessert, graham cracker crumbs are layered between a lemon-sparked pudding chock-full of melon—

½ cup sugar
1 envelope unflavored gelatin
2 tablespoons cornstarch
1¼ cups milk
2 beaten egg yolks
1 teaspoon grated lemon peel
¼ cup lemon juice
2 stiff-beaten egg whites
3 cups cubed honeydew melon
6 tablespoons graham cracker crumbs
Frozen whipped dessert topping, thawed

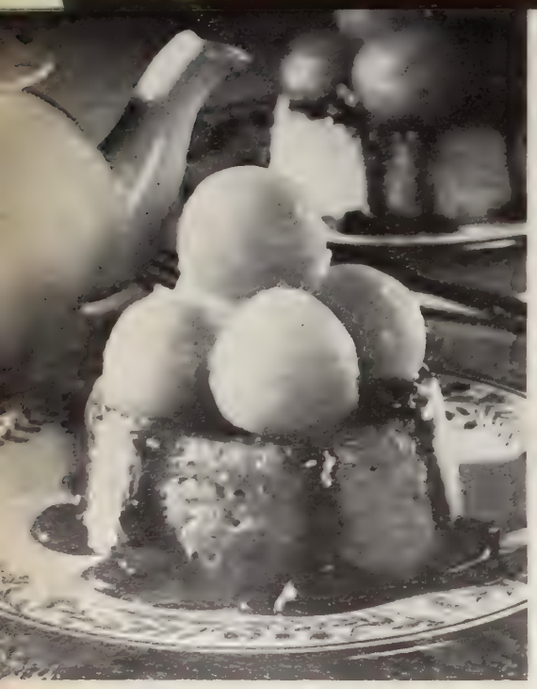
In saucepan, combine sugar, unflavored gelatin, and cornstarch. Stir in milk, egg yolks, and lemon peel. Cook and stir over low heat till thickened; do not boil. Stir in lemon juice. Chill in refrigerator till mixture mounds slightly. Fold in beaten egg whites. Gently fold in melon. Beginning with melon mixture, layer in 6 parfait glasses with graham cracker crumbs, using about 1 tablespoon crumbs in each glass. Garnish with dessert topping and additional melon cubes. Makes 6 servings.

Shanna Breen, Detroit, Mich.



PRIZE TESTED RECIPES ADD TO YOUR COOK BOOK

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Pecans and rum flavoring accent the melon in this easy baba—

½ cup packed brown sugar
4 tablespoons butter or margarine
2 tablespoons milk
⅓ cup chopped pecans
½ teaspoon rum flavoring
2 cups melon balls
6 sponge cake dessert cups
½ cup whipping cream (optional)

In small saucepan, combine brown sugar, butter or margarine, and milk. Bring to boiling and remove from heat. Stir in pecans and rum flavoring. Drizzle sauce over sponge cake cups; fill with melon balls. If desired, whip cream and place a dollop atop melon balls. Makes 6 servings.

Mrs. F. C. Ashurst, Santa Ana, Ca.



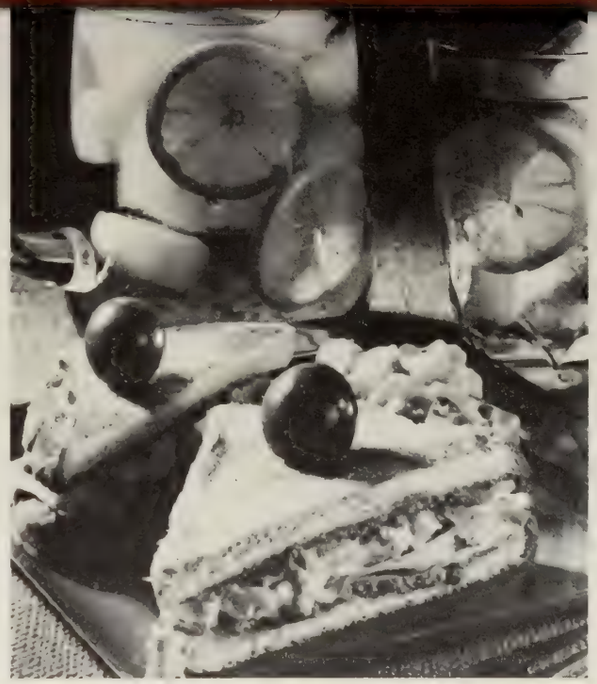
Watermelon Marlow

Marshmallows and watermelon are unexpected flavor companions in this frosty dessert—

Watermelon
3 cups marshmallows (30 marshmallows)
¼ cup sugar
3 tablespoons lemon juice
1 2- or 2⅛-ounce package dessert topping mix

In blender container, puree enough melon to make 2 cups pulp. In saucepan, combine ½ cup of the melon pulp and the marshmallows. Heat slowly, stirring constantly, till marshmallows are melted. Remove from heat. Stir in remaining pulp, sugar, and lemon juice. Pour into a 4-cup refrigerator tray; freeze till slushy, about 2 hours. Prepare dessert topping mix according to package directions; stir into slushy melon mixture. Pour into refrigerator trays; freeze firm. To serve, scoop into sherbet dishes. Makes 8 servings.

Mrs. Virgil Smiley, Paris, Tenn.



Crisp toast enhances this devilishly good sandwich—

8 slices white bread, toasted
1 4½-ounce can deviled ham
⅓ cup mayonnaise or salad dressing
1 teaspoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper
1½ cups finely chopped cooked chicken
½ cup chopped celery
Lettuce
Cherry tomatoes

Spread one side of each slice of toast with deviled ham. Combine mayonnaise, lemon juice, salt, and pepper. Stir in chicken and celery. Spread chicken mixture over four of the bread slices. Top with lettuce and remaining bread slices, ham side down. Halve sandwiches. Garnish each sandwich half with a cherry tomato secured with a wooden pick. Makes 4 sandwiches.

Aileen M. Lenehan, Southern Pines, N.C.



Eggs a la Buckingham

2 tablespoons butter or margarine
4 teaspoons all-purpose flour
¾ cup milk
1 3-ounce package smoked sliced beef, snipped
4 eggs
1 tablespoon milk
1 tablespoon butter or margarine
2 English muffins, split and toasted
½ cup (2 ounces) shredded sharp process American cheese

Melt the 2 tablespoons butter or margarine; blend in flour and a dash each salt and pepper. Add ¾ cup milk. Cook and stir till bubbly; cook one minute more. Add beef; keep warm. Beat eggs with the 1 tablespoon milk and a dash each salt and pepper. In skillet, melt the 1 tablespoon butter. Add egg mixture. Cook over low heat just till set; lift and fold so uncooked part goes to bottom. Place muffins on baking sheet; spoon beef mixture over. Top with eggs. Bake in 350° oven 8 minutes. Sprinkle with cheese and bake 1 minute more. Makes 4 servings.

Mrs. Billy P. Glass, Newark, Del.

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So moist it melts in your mouth, bursts into flavor and tastes so incredibly good it's like re-discovering cake!

Even the batter's been changed. You can see, the New Deluxe II batter is so much moister it pours faster, spreads faster and more evenly in the pan. And moister batter makes moister cake.



Old style Duncan Hines

New style Duncan Hines



We're Listening

We know that it isn't easy to find time to sit down and fill out a questionnaire. We even ask you to furnish the stamp! But, bless you all, you've been doing it.

The information collected from previous "We're Listening" questionnaires is of great value to food manufacturers. Won't you please help keep this dialogue going by answering the following questions?

Answer Sheet

Select the number for the best answer to each question and enter it on this answer sheet.

1.	15.
2.	16.
3.	17.
4.	18.
5.	19.
6.	20.
7.	21.
8.	22.
9.	23.
10.	24.
11.	25.
12.	26.
13.	27.
14.	

Clip this answer sheet and mail to:
Family Food Ideas
P.O. Box 4521
Des Moines, Ia. 50336
Thank you for your help.

1. The average total amount spent per week in supermarkets by our family is: (1) Under $20 (2) $20 to $29 (3) $30 to $39 (4) $40 to $49 (5) $50 to $59 (6) $60 or more.
2. Compared to a year ago, I feel this total is: (1) An increase of 25% or more (2) An increase of 10% to 24% (3) An increase of less than 10% (4) Little or no difference (5) Less than a year ago.
3. Since January, my loyalty to brand name products has: (1) Increased (2) Decreased (3) Not changed.
4. Comparing the quality of brand name products to store brands, I generally find that: (1) They are of equal quality (2) Name brands are usually better (3) Store brands are usually better.
5. Our purchase of catsup, compared to a year ago has: (1) Increased (2) Decreased (3) Not changed.
6. Our purchase of pickles has: (1) Increased (2) Decreased (3) Not changed.
7. The price of bananas seems to be (1) Lower than ever (2) Higher (3) About the same.
8. I usually put bananas on my written shopping list. (1) Agree (2) Disagree (3) Do not use list.
9. I include lemons on my shopping list. (1) Agree (2) Disagree (3) Do not use list.
10. Within the past month we have purchased **fresh** pineapple. (1) Agree (2) Disagree.
11. I would buy fresh pineapple more often if: (1) It was easier to prepare (2) It was less expensive (3) I knew how to select the best (4) It was available.
12. I serve fresh mushrooms: (1) Once a week or more (2) About once a month (3) Less than once a month (4) Never.
13. Compared to a year ago, our use of sugar has: (1) Increased (2) Decreased (3) Not changed.
14. The best sugar comes from: (1) Hawaii (2) Southern U.S.A. (3) Cuba or Central America (4) Don't know.
15. The best sugar is made from: (1) Cane (2) Sugar beets (3) Don't know.
16. I use fresh lemons in cooking at least once a week. (1) Agree (2) Disagree.
17. I do not use lemons in cooking because: (1) Never think of it (2) Too expensive (3) There aren't many uses for fresh lemons in cooking (4) Other reason.
18. We generally buy lemons: (1) Whenever we run out (2) Only when a particular recipe calls for them (3) Just when I notice them in the store (4) Seldom or never buy them.
19. We used **sliced** cheese for the following (enter as many numbers as apply): (1) Cold sandwiches (2) Hot sandwiches (3) An ingredient or topping for hot main dishes (4) Snacks.
20. Which of the preceeding uses for sliced cheese represents your main use of the product? (Enter one number from question number 19.)
21. Do you have dogs or cats as pets in your household? (Enter as many numbers as apply.)
We have: (1) 1 dog (2) 2 or more dogs (3) 1 cat (4) 2 or more cats (5) No cats or dogs.
22. Comparing pet food with human food in value for your money: (1) Pet food is of more value for money (2) Pet food is of less value (3) They are about the same.
23. We feed our dog(s): (1) Commercial dog food only (2) Both commercial and leftovers (3) L
only (4) Do not have a dog.
24. We feed our cat(s): (
mercial cat food only (2) Bo
mercial and leftover food
overs only (4) Do not have
25. What do you find to be
most important item of info
on the label or package o
cat food you buy? (1) Ing
(2) Flavor or variety (3) Gua
analysis (4) Feeding direct
Nutrition claim (6) Do not re
(7) Do not buy pet food.
26. The female household
this family is in the follow
group: (1) 18 to 24 (2) 25 to
to 49 (4) 50 to 64 (5) 65 or ov
27. Our total household inc
fore taxes) is: (1) Under $
$5,000-$7,999 (3) $8,000 to $
$10,000 to $14,999 (5) $1
$24,999 (6) $25,000 or more.

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Kretschmer Wheat Germ
Campbell Soup

Enclose additional comme
may wish to make to any
food companies with your
sheet. Your note or letter wil
warded to the proper compa

begins on page 62

Ice cream

HOME RUN HITS

The crispy, candied popped corn mixture also makes a great snack—

1 cup sugar
Dash salt
½ cup water
¼ cup molasses
1 tablespoon vinegar
1 tablespoon butter or margarine
1 teaspoon vanilla
1 quart popped popcorn
2 cups pretzel sticks, broken into 2-inch lengths
1 cup puffed corn cereal
Butter brickle ice cream
Caramel ice cream topping

In 1½-quart saucepan, combine sugar, salt, water, molasses, and vinegar. Place over medium heat; cover and bring to boiling. Uncover and cook to soft crack stage (272°). Stir in butter or margarine and vanilla. In large bowl, combine popped corn, pretzels, and cereal. Pour hot syrup slowly over mixture, tossing to coat well. Turn out onto 15½x10½x2-inch pan. Break up any large chunks. To serve, line bottom of a serving dish with ¼ cup of the popped corn mixture. Top with two scoops of ice cream. Pour caramel topping over. Top with additional popcorn mixture. Makes 7 cups cereal mixture.

THREE-D PEANUT BUTTER SUNDAE

Store any leftover sauces, covered, in refrigerator for later use—

Vanilla ice cream
1 recipe Peanut Butter Scotch Sauce*
1 recipe Peanut Butter Chocolate Sauce*
1 recipe Peanut Butter Honey Sauce*
Small chocolate decorative candies
Cocktail peanuts, coarsely chopped
Frozen whipped dessert topping, thawed
Maraschino cherries

Arrange 3 scoops of vanilla ice cream in serving dish. Top each scoop with one of the three peanut butter sauces. Garnish with chocolate candies, chopped peanuts, a dollop of whipped dessert topping, and a maraschino cherry.
*Recipe follows.

PEANUT BUTTER SCOTCH SAUCE

1 slightly beaten egg
⅔ cup packed brown sugar
⅓ cup light corn syrup
4 tablespoons butter or margarine
¼ cup water
½ cup peanut butter

In small heavy saucepan, combine egg, brown sugar, corn syrup, butter or margarine, and water. Cook and stir over low heat till thickened, about 10 minutes. Add peanut butter, stirring till peanut butter is melted. Stir before serving. Makes about 1½ cups sauce.

PEANUT BUTTER CHOCOLATE SAUCE

1 5⅓-ounce can (⅔ cup) evaporated milk
½ cup milk chocolate pieces
½ cup peanut butter

In small heavy saucepan, combine all ingredients. Heat and stir over low heat till chocolate and peanut butter are melted and well blended and the mixture thickens slightly. Makes 1½ cups sauce.

PEANUT BUTTER HONEY SAUCE

½ cup honey
⅓ cup milk
1 cup peanut butter

In small bowl, gradually stir honey and milk into peanut butter. Makes about 1½ cups sauce.

FROZEN TREASURE CHEST WITH PEACH SAUCE

A fancy sundae you can make days ahead—

Photographs: Dieter



1 frozen loaf pound cake, thawed
¾ cup raspberry sherbet, softened
¾ cup lemon sherbet, softened
¾ cup lime sherbet, softened
2 tablespoons slivered almonds, toasted
1 2- or 2⅛-ounce package dessert topping mix
1 recipe Peach Sauce*

Hollow out cake, leaving ½-i
shell. Return hollowed cake to f
ware pan before filling. Layer sh
bets in cake shell, beginning w
raspberry and ending with lim
Sprinkle almonds atop lime sherb
Return to freezer. Prepare dess
topping according to package dir
tions. Remove cake from foil p
to small baking sheet. Frost sides
cake with ¾ of the whipped t
ping. Using pastry tube, pipe
maining ¼ of the whipped topp
into rosettes along top edge of ca
Cover cake with large loaf p
Freeze overnight. Place cake
serving platter and allow to stand
room temperature for 10 minu
before slicing. Serve with Pe
Sauce. Makes 8 to 10 servings.
*Recipe follows.

PEACH SAUCE

You'll find the peaches in the b food section at your store—

1 4¾-ounce jar strained peaches
⅓ cup light corn syrup
1 teaspoon lemon juice
Dash ground cinnamon
1 tablespoon butter or margarine

continu



n Wish-Bone people have a party, cn expect plenty of good friends god food. And in the picture you'll Vish-Bone Thousand Island ssig. Thick and creamy. With a e balance of flavor to make good d taste even better. Wish-Bone nd Island Dressing. For People ally like salads.

he Wish-Bone Surprise Party. or people who really like salads.



continued

Ice cream

¼ teaspoon vanilla

In saucepan, combine strained peaches, light corn syrup, lemon juice, and ground cinnamon. Cook over medium heat, stirring constantly, till mixture boils. Cook 1 to 2 minutes more. Stir in butter or margarine and vanilla. Serve warm. Makes 1¾ cups sauce.

CHERRY BLISS FIZZ

Add a perky pi... straw for flair—

1 10-ounce jar cherry preserves (⅔ cup)
1 tablespoon water
1 quart cherry nut ice crea...
1 pint vanilla ice cream
2 12-ounce bottles (3 cups) lemon-lime carbonated beverage, chilled

Combine jam and water; mix well. Chill. Into each of 5 tall chilled glasses, pour about 3 tablespoons cherry mixture. Add a scoop of cherry nut ice cream, then a scoop of vanilla ice cream; top with another scoop of cherry nut ice cream. Fill each glass with carbonated beverage by pouring slowly down side of glass. Makes 5 servings.

GRASSHOPPER FLAMBÉ

Dip sugar cubes in a shallow dish of lemon extract just before setting aflame—

8 tablespoons green creme de menthe
8 tablespoons white creme de cacao
1 quart vanilla ice cream
2 7-ounce bottles (2 cups) carbonated water, chilled
4 sugar cubes soaked in lemon extract

In each of four 12-ounce glasses, combine 2 tablespoons crème de menthe, 1 tablespoon crème de cacao, and a small amount of the ice cream. Add ½ cup carbonated water to each glass; muddle. Place additional scoops of the ice cream in each glass. Place sugar cubes atop. Set aflame. Makes 4 servings.

TROPICAL BREEZE

Vary the amount of aromatic bitters to suit your taste—

Orange sherbet
3 cups unsweetened pineapple juice, chilled
1 cup orange juice, chilled
½ teaspoon aromatic bitters
2 12-ounce bottles (3 cups) lemon-lime carbonated beverage, chilled
Whole strawberries

Place 1 small scoop sherbet in e... of 6 chilled glasses. Combine p... apple juice, orange juice, and ... matic bitters. Pour small amoun... juice mixture into each glass; st... muddle sherbet. Add remai...



juice. Add another scoop of sher... Fill glasses with carbonated be... age. Garnish with a fresh str... berry. Makes 6 servings.

CRANBERRY-APPLE FLIP

The mixture is partially frozen ... stirred before freezing firm to p... vent layers from forming—

2 cups cranberry juice cocktail
1 8½-ounce can (1 cup) applesauce
1 cup cherry juice drink
¼ cup sugar
2 tablespoons lime juice
¼ teaspoon ground cinnamon

In large mixer bowl, stir toget... all ingredients. Pour into refrige... tor trays; freeze till partially froz... Remove from freezer; stir just ... blend. Pour about ⅓ cup juice m... ture into each of fifteen 3-oun... waxed paper drink cups or froz... fruit drink molds. Place in freez... When mixture is partially froz... insert wooden sticks. Freeze fi... To serve, peel off paper wrappi... Makes 15 servings.

RASPBERRY-MARSHMALLOW SICLES

Try topping pound or angel c... with the unfrozen mixture—

1 5⅓-ounce can (⅔ cup) evaporated milk
½ of 9-ounce jar marshmallow creme
1 tablespoon lemon juice
1 10-ounce package frozen raspberries, thawed and drained

Reserve about 3 tablespoons of ... evaporated milk; freeze remain... milk in refrigerator tray till ice cr... tals form around edges. Beat ... gether marshmallow creme, ... served milk, and lemon juice ... smooth. Transfer partially froz... milk to chilled mixer bowl. Beat ... stiff peaks form. Fold in marshm... low creme mixture and raspberri... Spoon about ⅓ cup mixture i... each of twelve 3-ounce waxed pap... drink cups. Place in freezer. Wh... mixture is partially frozen, ins... wooden sticks. Freeze firm. ... serve, peel off the paper wrappi... Makes 12 servings.

TRIPLE PINEAPPLE POPS

Lime yogurt accentuates the pin... apple flavor—

continued on page 80

Keep a cool hand on a hot summer's day.



Ice Cream Sandwiches

1 egg
½ cup shortening
¾ cup butter or margarine, softened
1 teaspoon vanilla
1 package Betty Crocker® devils food or yellow cake mix
1 half-gallon brick ice cream

Heat oven to 375°. Beat egg, shortening, butter, vanilla and about half of the cake mix (dry) until smooth. Stir in remaining cake mix. Divide dough into 4 equal parts. Roll each part into rectangle, 10 x 6 inches, on lightly floured cloth-covered board with floured stockinet-covered rolling pin. Cut into rectangles, 3 x 2½ inches each. Place rectangles on ungreased baking sheet. Bake 6 to 8 minutes or until edges look set (centers of cookies will be slightly puffed). Prick surfaces of cookies lightly with fork. Cool; remove from baking sheet.

Cut ice cream into rectangles about ¾ inch thick. Place each ice cream rectangle between 2 cooled cookies; gently press together to spread ice cream to edges of cookies. Wrap in aluminum foil or plastic wrap; freeze at least 24 hours. 16 sandwiches.

Variation: Substitute 1 package Betty Crocker butter pecan or cherry chip cake mix for the devils food cake mix and increase butter to ⅓ cup.

High Altitude (5000 feet): No adjustments are necessary

Note: If sandwiches are stored longer than 1 week, cookies will become soft. Cookies can be wrapped separately and frozen until ready for use.

Look for other delicious recipes on all of our cake mix packages

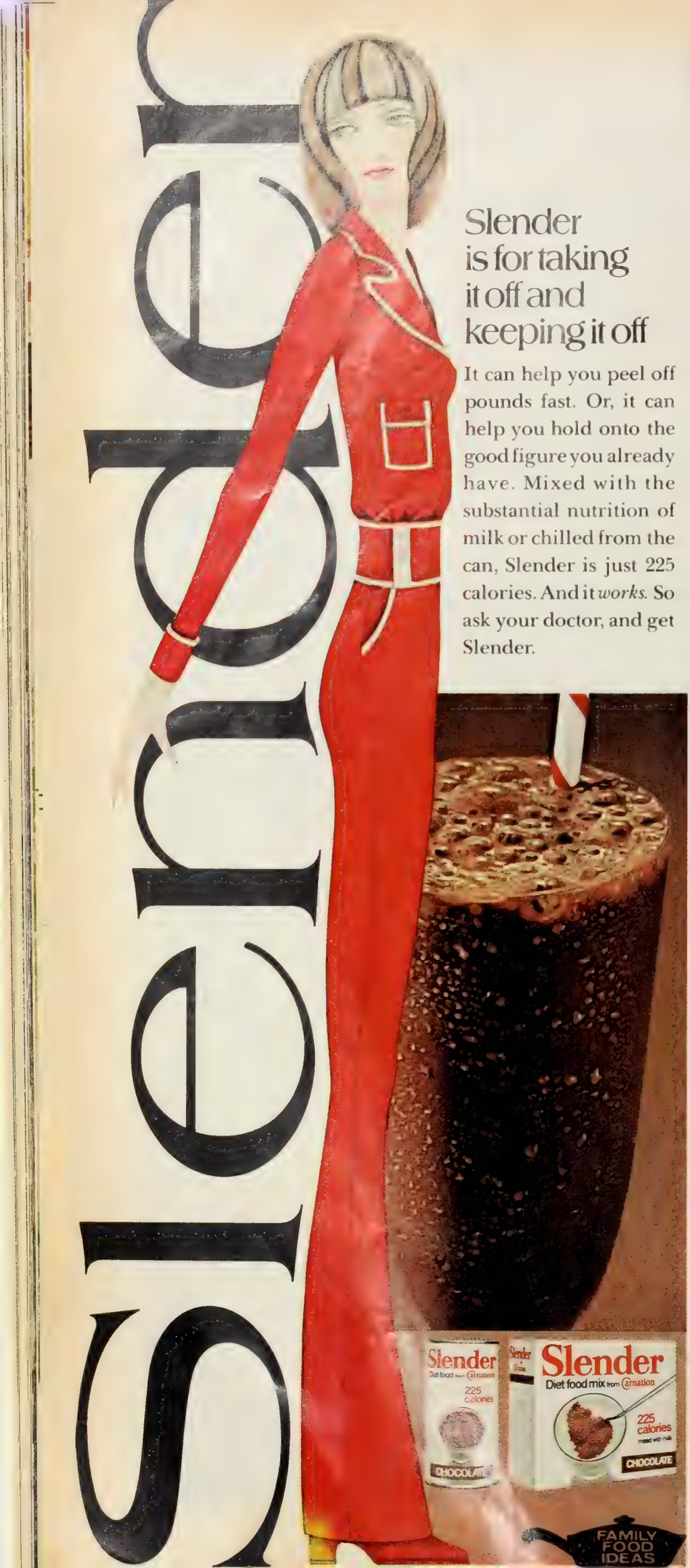
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Betty Crocker

FAMILY FOOD IDEAS





Win money for your recipes

Start-from-scratch Cakes—Ham Main Dish

Do you make a start-from-scratch cake that's famous in neighborhood? We're also looking for especially tasty ham dishes. Send your recipe today for either or both categori you could be a prizewinner next February. Two Cooks-Month receive $50 each. Four Runners-up receive $25 ea 12 Honor Roll winners get $10 each. The selected winning will be pictured on the Prize Tested Recipes pages next Fe All 18 winners receive a framed Better Homes and Garde tificate of Endorsement and six copies of the endorsed recip

Hints to Help You

Start-from-scratch cakes might be an heirloom recipe. Perhaps you grate fruit peel into flour and add the juice as liquid. Do you spread a favorite chocolate cake with a fluffy coffee frosting? Are you creative with marshmallows and whipped cream? Hints:

daiquiri jelly roll
almond-brittle torte
banana ripple cake
snowcapped cupcakes
calico chiffon cake

Ham main dishes can be fancy. Ground ham mixe vegetables or rice can fill sandwich or manicotti. turn leftover ham into a Perhaps you sandwich sw tatoes between honey-glaz slices before grilling. Poin

orange ham Wellington
ham-artichoke quiche
curried ham bake
creamed ham wafflewiches
apricot ham kabobs

THIS MONTH'S WINNERS

(See recipes on pages 71 and 72.)

Cooks-of-the-Month

Shanna Breen, Detroit, Mich.
Mrs. Janis Stadler, St. Paul, Minn.

Runners-up

Mrs. F. C. Asmurst, Santa Ana, Calif.
Mrs. Billy P. Glass, Newark, Del.
Aileen M. Lenehan, Southern Pines, N.C.
Mrs. Virgil Smiley, Paris, Tenn.

Honor Roll

Mrs. Marion E. Burns, Lynn, Mass.
Mrs. Bernadine Castle, Edgebrook, Ill.
Kathleen Cheney, New York, N.Y.
Mrs. Victor Flinn, W. Lafayette, Ind.
Mrs. Bill Hanks, Atwater, Calif.
Carol Hefler, Phoenix, Ariz.
Debbie Jensen, Creswell, Ore.
Kermit Leas, Deer River, Minn.
Barbara Schreier, Bethlehem, Pa.
Mrs. LaVern Schultz, Belle Plaine, Minn.
Mrs. Lorieta Sweeney, Okemah, Okla.
Mrs. Elaine Tuttle, St. Louis, Mo.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and it "February Start-from-scratch Cakes" or "February Ham Main es." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products y as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, July 31. In cases duplicate recipes are submitted, the one with the earliest pos will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7407 Test Kitchen, Better and Gardens, Des Moines, Iowa 50336.**

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FAMILY FOOD IDEAS

continued from page 76

Ice cream

1 pint pine[illegible]
2 of 6-oun[illegible] frozen [illegible] concentrate, th[illegible]
Sev[illegible]
1 5[illegible]
1 g[illegible] (toasted [illegible] sugar)
[illegible]

In [illegible] pineapple juice concentrate, and food colorin[illegible] Stir in [illegible] pineapple vegetable oil sugar mixture. Spoon ½ cup mixture into each of twelve 3-ounce waxed paper drink cups. Place in freezer. When mixture is partially frozen, insert wooden sticks. Freeze firm. To serve, peel off paper. Makes 12 servings.

ORANGE-CHOCOLATE BOMBE

Your blender makes this easy—

1 pint chocolate ice cream
1 cup chocolate milk
½ of 6-ounce can (⅓ cup) frozen orange juice concentrate, thawed
¼ cup powdered sugar

In blender container, combine ice cream, milk, orange concentrate, and powdered sugar. Cover; blend till smooth. Pour about ⅓ cup mixture into each of ten 3-ounce waxed paper drink cups. Place in freezer. When mixture is partially frozen, insert wooden sticks. Freeze firm. To serve, peel off paper wrapping. Makes 10 servings.

FROSTED FRUIT SNACKS

Prop up cones in a bowl or saucepan when freezing—

1 4-ounce jar maraschino cherries
1 3-ounce package cream cheese, softened
1 8¾-ounce can fruit cocktail, well-drained
1 4½-ounce carton frozen whipped dessert topping, thawed
12 ice cream cones

Drain cherries, reserving syrup. Cut cherries into quarters and set aside. (Should have ¼ cup.) Stir together cream cheese and reserved cherry juice till smooth. Cut up any large pieces of fruit cocktail. Stir fruit cocktail and cherries into cream cheese mixture. Fold in dessert topping. Pile into ice cream cones. Freeze till firm. Makes 12 servings.

FREEZING ICE CREAM

Pour ice cream mixture into freezer can (cool mixture first, if cooked). Fill can not more than ⅔ full. Fit can into freezer. If using electric ice cream freezer, follow manufacturer's directions.

Adjust dasher and cover. Pack crushed ice and rock salt around can, using 6 parts ice to 1 part salt. Turn dasher slowly till ice partially melts and forms brine—add more ice and salt to maintain ice level. Turn handle constantly till crank turns hard. Remove ice to below lid of can; remove lid and dasher.

To ripen ice cream: Plug opening in lid. Cover can with several thicknesses of waxed paper or foil for tight fit; replace lid. Pack more ice and salt (use 4 parts ice to 1 part salt) around can to fill freezer. Cover freezer with heavy cloth or newspapers. Let ripen about 4 hours.

TAFFY APPLE ICE CREAM

Taffy mixture should be about room temperature before cream and apples are added—

1 cup granulated sugar
½ cup packed brown sugar
¼ cup all-purpose flour
¼ teaspoon salt
2 13-ounce cans (3⅓ cups) evaporated milk
2 tablespoons molasses
4 beaten eggs
2 cups whipping cream
2 cups finely chopped and pared apples
1 teaspoon vanilla
Apple slices

In saucepan, combine sugars, flour, and salt; gradually stir in evaporated milk and molasses. Cook and stir over low heat till mixture thickens and bubbles. Gradually stir a moderate amount of hot mixture into eggs; return slowly to hot mixture. Cook and stir 1 minute more. Cool. Stir in cream, apples, and vanilla. Freeze in 5-quart ice cream freezer. Let ripen. Garnish with a few additional apple slices, if desired. Makes 2½ quarts.

MANGO DAIQUIRI ICE CREAM

4 eggs
1¼ cups sugar
4 cups milk
2 large fresh mangoes, mashed (2 cups)
2 cups whipping cream
4 envelopes powdered daiquiri mix
¼ cup rum
¼ teaspoon salt
Few drops yellow food coloring
Lime twists

Beat eggs till light. Gradua[illegible] sugar, beating till mixture [illegible] Add milk, mangoes, the w[illegible] cream, daiquiri mix, rum, a[illegible] and food coloring. Mix well. [illegible] in 5-quart ice cream freez[illegible] ripen. Garnish with lime t[illegible] desired. Makes about 2½ qu[illegible]

CINNAMON SHOW-OFF

Crush candies in three bat[illegible] best results—

1 6¾-ounce package (about ¾ cup) red cinnamon candies
2 tablespoons all-purpose flour
¼ teaspoon salt
2 cups milk
2 beaten eggs
2 cups whipping cream

Place candies in blender con[illegible] Cover; blend just till crushe[illegible] serve [illegible] cup of the candi[illegible] medium saucepan, combine r[illegible] ing candies, flour, and sal[illegible] in milk. Cook and stir till thic[illegible] and bubbly. Stir a moderate a[illegible] of hot mixture into beaten eg[illegible] turn to saucepan. Cook 1 m[illegible] more over low heat. Chill. S[illegible] cream. Freeze in 5-quart ice [illegible] freezer. After removing dash[illegible] fore ripening ice cream, stir [illegible] served crushed candies. Let [illegible] Makes about 1½ quarts.

JOLLY GINGERSNAP

Stir in gingersnaps and wh[illegible] cream when ice cream mixt[illegible] solid but not hard—

Underwood makes life taste goo[illegible]

When the game goes into extra innings, the beer is flowing free and the men in front of the tube get hungry.
That's life.
Try an Underwood Dip. Like Corned Beef Spread and chopped onions and grated swiss cheese folded into soured cream. Or onion soup dip made meaty with a can of Liverwurst Spread.

When the famil[illegible] tired of tuna, ar[illegible] macaroni doesn[illegible] look so good b[illegible] need a budget stretcher that y[illegible] make ahead.
That's life.
Try your famous macaroni and c[illegible] casserole with a twist. Mix in Und[illegible] wood Deviled Ham. That's the w[illegible] make a casserole taste good.

When your daughter oversleeps and hasn't got time for a sit-down breakfast.
That's life.
Try Underwood's portable breakfast. Deviled Ham spread on buttered toast. It'll make the bus stop taste good.

When the school lunch is "icky" and the kids refuse to buy.
That's life.
Try Underwood Chicken Spread peanut butter on hot dog buns, a generous slathering of jelly to make their lunch taste good.



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FAMILY FOOD IDEAS

Mr. Lea and Mr. Perrins: On the Delights of Worcestershired Chicken.



Mr. Perrins: A balmy day is as indispensable to an outdoor feast as our perfect Worcestershire.

Mr. Lea: Right! What would Savory Barbecued Chicken be without the distinctive flavor of Lea & Perrins cooked deliciously through every morsel?

Mr. Perrins: What indeed would all meats, fish, stews, gravies and soups be without the subtle enhancement of our Worcestershire?

Mr. Lea: How does our little chicken taste, Mr. Perrins?

Mr. Perrins: Like a bird of paradise, dear boy, a bird of paradise.

SAVORY BARBECUED CHICKEN
Combine ¼ c Lea & Perrins Worcestershire Sauce, ¼ c oil, ¼ c vinegar and 1½ tsp salt. Brush over 2½ lb chicken pieces. Place under hot broiler or over hot charcoal 30-40 minutes, turning and basting frequently. Serves 3-4.

COUNTRY SPARERIBS
Cut 3 lb spareribs into pieces. Brush with 4 Tbsp Lea & Perrins Worcestershire Sauce; sprinkle with 1½ tsp salt. Bake on rack in pan in 350° oven 1 hour. Combine ¾ c jellied cranberry sauce, 1 Tbsp each Lea & Perrins, grated orange peel and lemon juice and ¼ tsp salt. Brush on ribs. Continue baking or place over hot charcoal 30 minutes or until glazed and tender, basting both sides of ribs several times. Serves 4.

PIQUANT BARBECUE SAUCE
Combine 8 oz can tomato sauce, 2 Tbsp each minced onion, Lea & Perrins Worcestershire Sauce and vinegar, and ½ tsp garlic salt. Use to baste pork, ham, chicken or beef. Yields 1⅓ cups.



Lea & Perrins. The people who know their sauces.
For free recipe book, write: Lea & Perrins, Dept. BO, Fair Lawn, N.J. 07410.

net tablet
espoon cold water
light cream
6-ounce can (⅓ cup) frozen
monade concentrate, thawed
p sugar
spoon vanilla
drops yellow food coloring
whipping cream
gersnaps, crumbled (½ cup)
e gingersnaps

h rennet tablet in cold water till lved. In saucepan, combine the cream, lemonade concentrate, sugar; heat slowly till just n, not hot (110°). Stir in rennet ure. Add vanilla and food col- ; stir quickly for a few seconds. into refrigerator tray. Let mix- stand at room temperature for inutes. Freeze mixture till firm ot hard.

hip whipping cream to soft s. Turn frozen mixture into ed bowl and stir till smooth. in whipped cream and crum- gingersnaps. Return quickly to refrigerator tray; freeze firm. ish with whole gingersnaps, if ed. Makes about 1 quart.

COLATE HONEY ICE CREAM
p semisweet chocolate pieces
espoons all-purpose flour
salt
ups milk
p honey
ten eggs
s whipping cream
aspoon vanilla

aucepan, combine semisweet olate pieces, flour, and salt. Stir ther milk and honey; gradually nto dry ingredients. Cook and stir over medium heat till chocolate melts and mixture thickens and boils. Add a moderate amount of hot mixture to eggs and mix well; return slowly to hot mixture. Cook and stir 1 minute more. Chill. Stir in cream and vanilla. Freeze in 2-quart ice cream freezer. Let ripen. Garnish with additional semisweet chocolate pieces, if desired. Makes 1¼ quarts ice cream.

TANGERINE-COCONUT FREEZE
Toast coconut in 350° oven about 5 to 8 minutes, stirring often—
3 cups milk
1 3- or 3¼-ounce package regular vanilla pudding mix
2 cups light cream
1 cup flaked coconut, toasted
1 6-ounce can frozen tangerine juice concentrate, thawed
¾ cup light corn syrup
1 teaspoon vanilla
3 drops red food coloring
2 drops yellow food coloring

In saucepan, gradually stir 2 cups of the milk into pudding mix. Cook and stir over medium heat till thickened and bubbly; cool. Blend in remaining milk, cream, coconut, tangerine juice concentrate, corn syrup, vanilla, and food coloring. Freeze in 4-quart ice cream freezer. Let ripen. Garnish with additional toasted coconut, if desired. Makes 3 quarts.

MIRACLE MOCHA CHIP
The melted chocolate will fleck into tiny pieces as it hits the cooled custard mixture—
2½ cups sugar
¼ cup cornstarch
3 tablespoons instant coffee powder or crystals
½ teaspoon salt
8 cups light cream
6 slightly beaten eggs
2 tablespoons vanilla
3 squares (3 ounces) unsweetened chocolate
Chocolate shavings

In large saucepan, combine sugar, cornstarch, coffee powder, and salt; stir in 4 cups of the light cream. Cook and stir over low heat till thickened and bubbly. Stir a moderate amount of hot mixture into eggs; return to hot mixture. Cook and stir 1 minute more. Chill. Add the remaining cream and the vanilla. Melt chocolate in small heavy saucepan over low heat. While choc-



olate is still hot, pour it very slowly into chilled coffee mixture, stirring constantly. Freeze in 5-quart ice cream freezer. Let ripen. Garnish with some chocolate shavings, if desired. Makes about 1 gallon.

STRAWBERRY EGGNOG SHAKE
1 quart strawberry ice cream, softened
1 cup fresh strawberries, mashed
2 cups canned eggnog, chilled
Ground nutmeg
Whole fresh strawberries

In a chilled large mixer bowl, combine ice cream and mashed strawberries; beat with electric mixer just to blend. Stir in eggnog. Serve in tall chilled glasses with a sprinkle of nutmeg atop. Garnish with whole strawberries. Makes 4 servings.

ORANGE BANANA SHAKE
2 bananas, cut in pieces
1½ cups milk
Few drops almond extract
1 quart orange sherbet
Orange wedges
Mint leaves

Working with half the ingredients at a time, combine bananas, milk, and extract in blender container. With lid ajar, gradually add sherbet, blending constantly. Pour into tall chilled glasses. Garnish with orange wedges and mint leaves, if desired. Makes 4 servings.

IRISH COFFEE SPECTACULAR
Try using vanilla ice cream plus an extra teaspoon of coffee powder—
½ cup milk
¼ cup Irish whiskey
1 quart coffee ice cream
1 teaspoon instant coffee powder
Frozen whipped dessert topping, thawed
Stick cinnamon

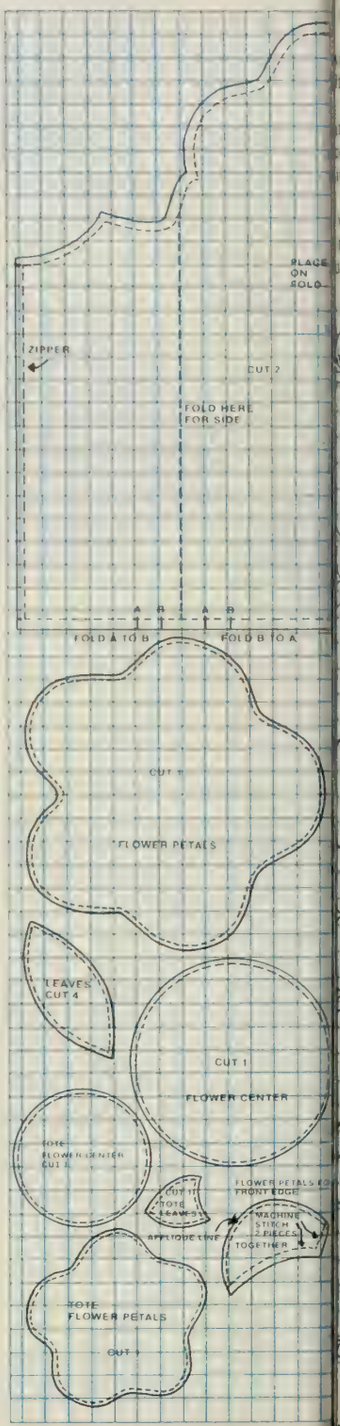
In blender container, put milk and whiskey. Spoon in ice cream and coffee powder. Cover and blend till smooth. To serve, pour into tall chilled glasses and top with the dessert topping. Add stick cinnamon as a stirrer. Makes 4 servings.



begins on page 24

$100 ideas how-to

Baby carrier and tote bag page 30
Materials: 3 yards terry cloth; ⅛ yard fabric for leaf appliqué; ½ yard fabric for flower petal appliqué; ⅓ yard fabric for flower center appliqué; 20-inch zipper; thread.
Carrier:
1. Enlarge pattern for basic bag and cut both pieces from terry cloth. Pin terry cloth right sides together and stitch along top outline from one side of zipper closing to the other side. Clip seams to ease turning. Turn and press lightly.
2. Apply zipper to outer layer of terry cloth. Turn under seam allowance and hand-stitch inner layer of terry cloth to zipper tape, clipping at top edge to eliminate bulk.
3. Lay bag flat, making sure zipper is centered. Mark for pleats at bottom edge. Stitch down. Turn bag inside out and stitch all layers together across bottom edge.
4. Enlarge patterns for appliqué pieces and cut from appropriate fabric. Stitch center of flower to large petal piece. Stitch this entire piece to top of bag (inside surface).
5. To make front edge petals, pin petal piece and lining piece right sides together and stitch at top and outer side edges. Turn and press well. Fit over terry cloth bag top front edge at place that corresponds with petals of appliqué below. Hand-stitch appliqué in place.
6. Place leaf appliqués to either side of zipper and hand-stitch.
Tote: (finished size 12x16 inches)
1. Cut two pieces of terry cloth 13x 18½ inches. Cut one boxing piece 5x50 inches (may be pieced but be sure to include seam allowances).
2. Enlarge patterns for appliqué pieces and cut from appropriate fabric. Place leaves on tote and stitch in place. Stitch center piece to flower shape. Then stitch flower to tote, overlapping leaf appliqué slightly.
3. Stitch boxing strip to front and back of tote using a scant ½-inch seam allowance. Trim seams to ¼ inch and turn tote right side out.
4. Fold on stitch line and stitch again on right side ¼ inch from fold as you would for a French seam. This will keep seams from raveling inside and give the tote a finished look. Turn 2-inch hem at top edge and hand-stitch down.
5. To make handles, cut two 3x18-inch pieces of terry cloth. Right sides together, stitch along 18-inch side to form tube. Turn right side out. Turn ends back into tube about ½ inch, and baste in place to hold. Stitch along seamed edge of tube for finishing effect. Place handles on tote 2½ inches from outside edge and 2 inches down from top. Machine-stitch at bottom of handle. Stitch across handle where handle joins top of tote.



SQ. = 1¼ IN

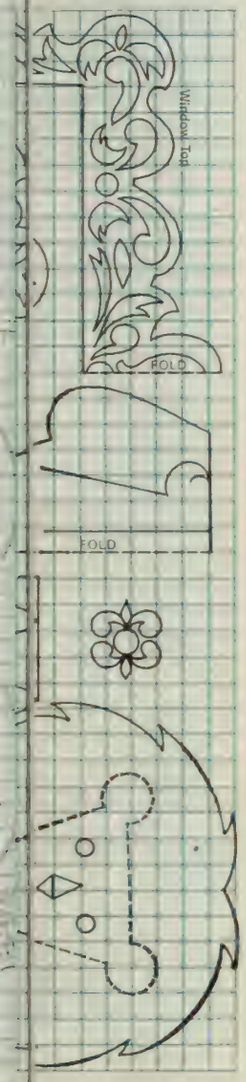
Circus wagon window page 46
Materials: 2 yards shade cloth; ¼ yard white fabric; ¾ yard yellow fabric; ¾ yard print fabric; 8 yards ribbon; 1½ yards yellow self-adhesive backed paper; ½ sheet ¼ inch plywood; red semigloss paint; roller for shade and hardware.
1. Enlarge drawings to make patterns for gingerbread trim. Cut trim for window top and bottom from plywood. Reverse pattern labeled

m left to make iden-
f bottom right of win-
plywood wheels 12
meter. Paint ginger-
wheels, and window

ywood circus wagon
ll around the window
rip of 1x3 to the wall
ndow trim and attach
t.
rimming (see drawing)
nesive backed paper
plywood cutouts and

indow shade roller.
h of roller and cut

ttern for lion and cut
es from appropriate
ne-appliqué to shade
you prefer to use a
window shade, you
the appliqués.
e to roller.



SQ. = 2 IN.

hammock page 49
vy twine or cord (ap-
,300 yards); size J
two 1¼-inch dowels
g; two 2-inch welded
lnut stain (optional);
er protective coating.
ammock, chain-stitch
in first row by skip-
nd double crocheting
chain. Continue to
t into every other
st row is completed.
t the second and all

A big freezer—6.94 cubic feet. That kind of capacity can mean fewer trips to the store. And the freezer is frost free and has two removable shelves.

Three Easy Release™ ice trays and an ice storage bucket. Equipped for optional automatic ice maker (available at extra cost).

13.85 cubic foot no-frost Fresh Food Section has porcelain-enamel-on-steel cabinet liners plus Trilon inner door liners for easy cleaning and wear resistance.

Door stops on both doors prevent damage to your walls or cabinets.

A Power Saver Switch lets you save electricity and lowers your cost of operation.

Large, covered dairy compartment keeps food flavors out.

Two full-width and two half-width adjustable shelves. And a Trilon meat keeper attaches to any of them.

Adjustable Easy-Store door shelves offer storage flexibility. And they are large enough to hold half-gallon milk containers and family-size juice cans.

Separate slide-out crispers help keep fruits and vegetables fresh. Trilon crispers for durability and easy cleaning.

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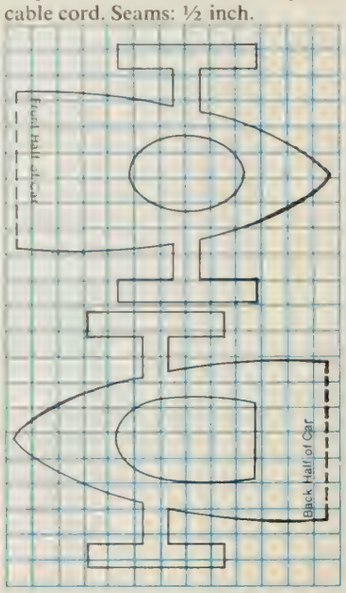
following rows. Crochet until hammock is about 72 inches long. It will stretch after it's been used.

2. Round and sand ends of dowels. Using a ⅜-inch drill bit, drill 11 holes spaced 3⅜ inches apart along the dowel. Leave 1¼-inch margin at either end. Stain if desired, then apply protective coating.

3. Chain-stitch 22 lengths of twine each 56 inches long. Using 11 lengths for each end of hammock, thread a length through a hole in the dowel and tie securely to the hammock. Repeat for remaining lengths, spacing them evenly along end of hammock. Adjust lengths so that hammock hangs evenly and tie each end to ring. To hold lengths snugly to metal ring and cover knots, wrap each length with twine near the metal ring and tie off.

Wall-hung bedspread page 58

Materials: 2¼ yards each of white and black 45-inch fabric for skirt (sides of spread attached to top); ¾ yard tan 45-inch fabric; 7 yards cable cord. Seams: ½ inch.



SQ. = 1 IN.

1. Cut one 77x20¾-inch piece each of white and black fabric.

2. Enlarge pattern for race car and cut out two in contrasting fabrics. Appliqué race cars and finish line stripes on both fabric pieces. Stitch together white and black pieces along one long edge forming a center seam. Round off bottom corners for better fit on bed.

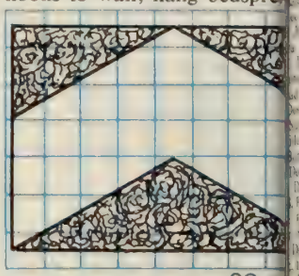
3. Cut three 45x22½-inch pieces of skirt fabric (20-inch drop, plus ½-inch seam allowance and 2-inch hem on bottom). If the surface of your bed is more than 20 inches from floor, adjust measurements.

4. Cut two 45x34½-inch pieces of skirt fabric. Lay these pieces on cutting surface, wrong sides together. Mark left-hand edge 22½ inches (or adjusted measurement of first skirt pieces cut). Draw a line from this point to top of right-hand side. Cut on this line to form slope of bedspread top.

5. Join all pieces of skirt fabric together, first the three 22½-inch pieces, then one sloped piece at each end to form top of bedsp

6. Start pinning skirt to bed at center bottom. Pin to corne fold 15 inches of fabric to f 7½-inch pleat at corners. Co pinning skirt to bedspread to chine-stitch together.

7. Finish with 2-inch hem at b and doubled ½-inch hem edge. Make ½-inch-wide from skirt fabric. Finished strips should be 3 inches long in half and attach to sides an ter of bedspread top. Attac hooks to wall; hang bedspre



SQ. =

Rug-scrap floor pillow page 4

Finished size: 24x34 inches

1. Enlarge drawing and patterns for pillow fron back.

2. Tape pattern pieces on of shag carpet scraps an along pattern lines.

3. Stitch together pillow using heavy large-eyed n and carpet thread. Keep st within one inch apart. Stitc gether pillow back.

4. After front and back stitched securely, place back to back and join with tassels. Thread large-eye n with four 16-inch strands yarn. Starting at one corne needle through both piec carpet, leaving 8 inches of extending on either side, th yarn in an overhand knot.

5. Space tassels one inch around three sides of p Stuff, and close with tassels

Credits for 10 ideas under $100

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CALIFORNIA AVOCADO FRUIT MEDLEY

½ cup orange sections
½ cup grape halves
½ cup chopped apple
½ cup strawberry halves
½ cup banana slices
Kraft Real Mayonnaise
6 California Avocado halves, peeled
Lettuce

Combine oranges, grapes, apples, strawberries and bananas. Chill. Fill California Avocado halves with fruit; top with Kraft Real Mayonnaise. Serve on lettuce covered plate. 6 servings.



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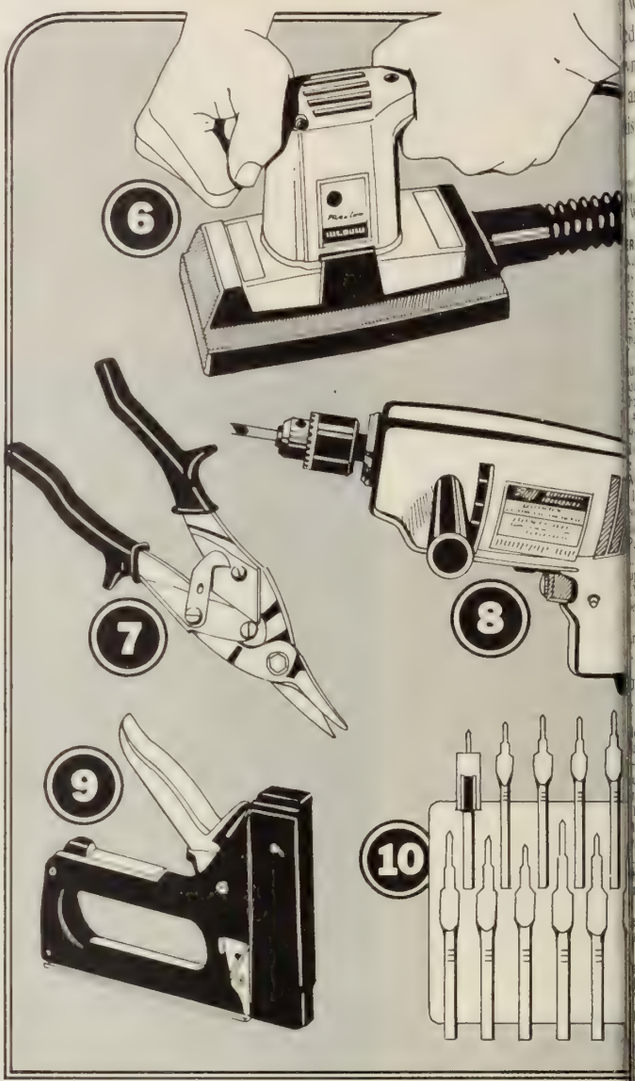
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begins on page 18

GOOD NEWS



6. A fast-action orbital sander will cut your finishing time to a minimum. Model 7404 from Black & Decker operates at 10,000 orbits per minute and costs just $14.99.

To keep your work area cleaner (and your living area as well), try an optional dust collector. Just fit it over the sander and attach it to your vacuum cleaner. It takes the sawdust out of sanding and costs just $9.99.

7. Metal shears with compound leverage linkage (often called aviation snips) slice through sheet metal with a lot less effort than you'd expend using conventional scissors-type shears. The metal shears do cost a little more—they're about five dollars—but their superior workmanship is well worth it.

8. An electric drill is *the* basic power tool. Whether you're buying your first or replacing one, get a ⅜-inch variable reversing drill. You'll use power screwdriver as o you use it to drill holes. $40.

9. Buy a staple gun an wonder how you ever g without it. Staplers cost to $15. Invest in one at th end of the price range a with the major brands (to the proper staples always available).

10. A pilot drill bit set f electric drill will save a gr of time on any project re a lot of screws. Depend how you set the depth sto bit will drill pilot hole an ance hole, and counter counterbore for the scr A complete 12-piece s $5.29 at Sears.

continued on page 89

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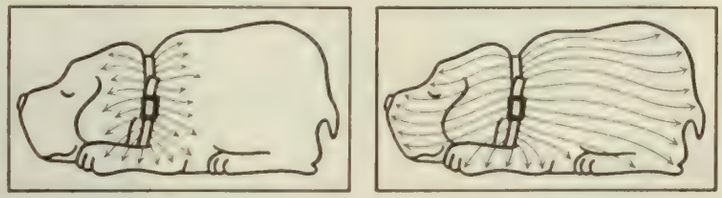
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The new Sentry® IV Collar with Sengard. The first 4-month flea collar.





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Sergeant's new Sentry IV is a whole new breed because it's the only flea collar with Sengard, an exclusive new time-release flea-killer. This unique time-release action means Sengard is dispensed from the collar so carefully that instead of running out on your pet after only 90 days, the new Sentry IV Collar goes right on killing fleas for another 30 days.

Kills fleas for 120 days, not just 90.

So get the new Sergeant's Sentry IV Collar for your dog or cat. It's the only one with Sengard. It's the first 4-month flea collar.

It's a whole new breed.

10018.
Page 61 (97): Fabric and wallpaper—Greeff Fabrics, Inc., 150 Midland Ave., Port Chester, N.Y. 10573. Carpeting—Lockweave Carpet Mills, Inc., 2538 S. Main St., Santa Ana, Calif. 92707. (98): Flooring—Armstrong Cork Co., Lancaster, Pa. 17604. (99): Wallpaper—Greeff Fabrics, Inc., 150 Midland Ave., Port Chester, N.Y. 10573. (100): Fabric—Brunschwig and Fils, Inc., 410 E. 62nd St., N.Y., N.Y. 10022. Chairs—Thonet Ind., Inc., 1 Park Ave., N.Y., N.Y. 10016.

ICE CREAM
Page 63: #6—H. L. Reid Co., 225 5th Ave., N.Y., N.Y. 10010. #4—H. E. Lauffer Co., Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 67: #15—H. E. Lauffer. #16—H. L. Reid Co.

PRIZE TESTED RECIPES
Page 71 (left): Fork—Environmental Ceramics Inc., 651 Howard St., San Francisco, Calif. 94105. Bowl—Heath Stoneware, N. S. Gustin Co., 712 S. Olive St., Los Angeles, Calif. 90014. Plate—Ceramar, Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 72 (top left): "Overture" plates—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Bottom right): Cup and tray sets—Bennington Pottery, 324 County St., Bennington, Vt. 05201.

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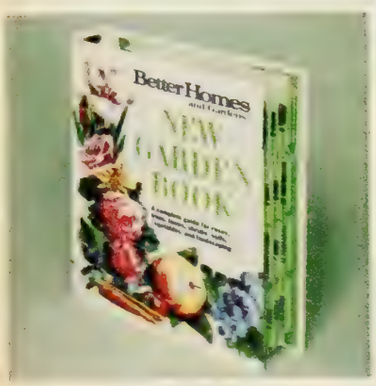
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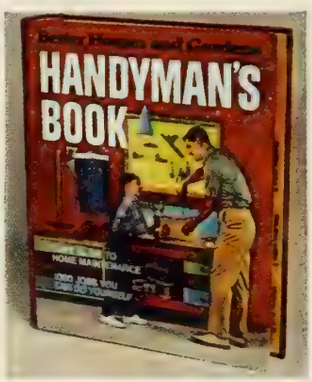
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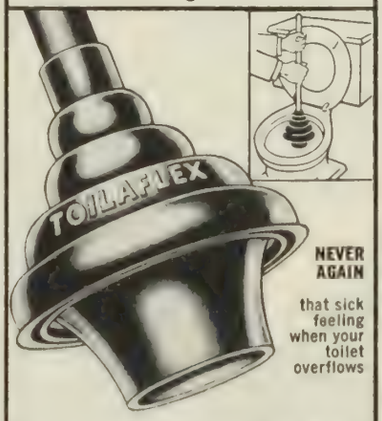
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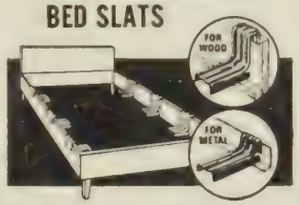
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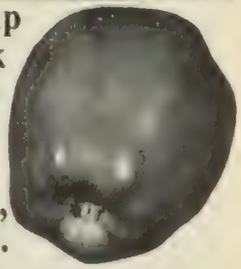
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A PRACTICAL GUIDE TO FAMILY BICYCLE TOURING

By Kate Keating

All of a sudden, it seems, there is an American preoccupation with bicycles. The surge of interest in cycling can be traced to several things: the energy crisis, inflation, urban congestion, and growing concern about ecology and personal fitness. But the biggest reason for the swelling enthusiasm probably is the recent availablity in this country of lightweight, geared touring bikes that take so much of the strain out of cycling.

Whatever the causes, an astonishing number of people have found bikes highly compatible with their increasingly active life-styles. And many are using their bikes to forsake traditional vacation journeys. They have rejected crowded, frenetic freeway driving as *any* kind of a vacation and have turned instead to bicycling along the quiet country, forest, desert, and oceanside byways. These converts are discovering, and passing the word along, that bicycle touring satisfies the soul with leisurely perspective and the heart with vigorous exercise.

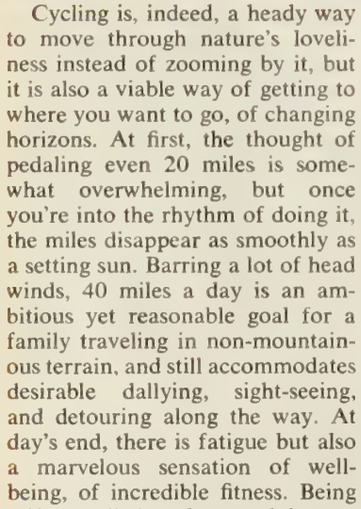
Bicycle touring—*traveling* by bike, not just riding around for a couple of hours—is bounteously healthful and zesty. It is enormously personal, yet can be shared and simultaneously enjoyed by all members of the family. It frees both children and parents from the baggage of daily living. Its serendipitous qualities can refresh even the most jaded adolescent, relieve Little League pressures, and let parents discover that they're not over the hill, sentenced for the rest of their lives to making arrangements, being in charge, and feeling older every year.

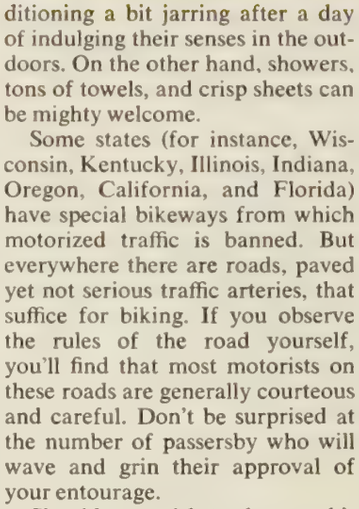
If bicycle touring conjures up visions of muscle-beach types hunched over sleek, gleaming, and obviously very expensive bikes from France or Italy (not to say that there aren't very expensive American bikes as well), their heads swathed in padded crash protectors, and their faces distorted with athletic determination, banish the thought. Touring, if you approach it philosophically and not as an endurance test, is scarcely the exclusive domain of the ultra fit. Most people have ridden a bike during some stage in their lives, but even if you never have, it's not difficult to learn. And a few weeks of practicing will ready you for the road. With sensible preparations, bicycle touring is well within the physical capability of most people over eight and under 60, as well as some over 60. Touring with children under eight, unless they're small enough to ride in a carrier seat, could lead to some pretty discouraging experiences. Best postpone it until they're older, stronger, and have longer interest spans.

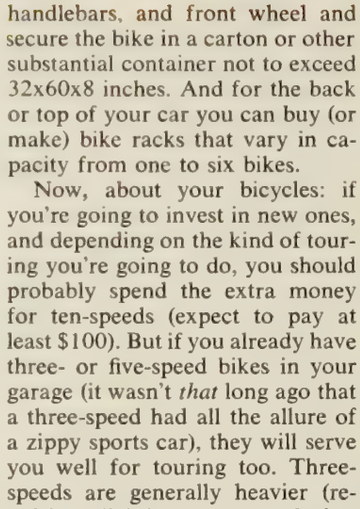


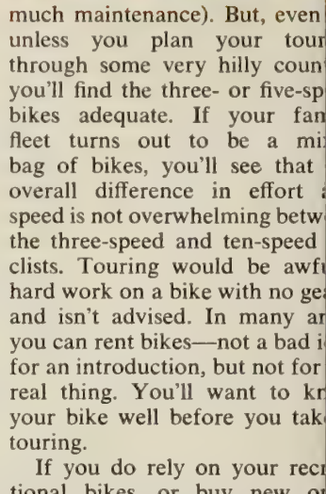


Photographs: de Gennaro









Cycling is, indeed, a heady way to move through nature's loveliness instead of zooming by it, but it is also a viable way of getting to where you want to go, of changing horizons. At first, the thought of pedaling even 20 miles is somewhat overwhelming, but once you're into the rhythm of doing it, the miles disappear as smoothly as a setting sun. Barring a lot of head winds, 40 miles a day is an ambitious yet reasonable goal for a family traveling in non-mountainous terrain, and still accommodates desirable dallying, sight-seeing, and detouring along the way. At day's end, there is fatigue but also a marvelous sensation of well-being, of incredible fitness. Being self-propelled and not relying on at least a ton of vehicle will make you mellow with satisfaction. And the vulnerability of being out there on just two skinny tires, your gear minimized and packed on the back of your bike, does have a way of uniting members of your biking group. The sense of adventure is fun to share, and nobody gets the cranky, end-of-the-day blahs familiar to auto tourists.

Where can you take a biking vacation? Well, that's the especially great part about bike touring—it's extremely flexible. You can start from your own driveway or choose the area of your dreams. You can economize by preparing your own meals along the way and carrying small, lightweight tents and sleeping bags of the backpacking genre. Or you can eat in restaurants and stay at motels or hotels. Or do a little of everything. Some cyclists find motel atmosphere and air conditioning a bit jarring after a day of indulging their senses in the outdoors. On the other hand, showers, tons of towels, and crisp sheets can be mighty welcome.

Some states (for instance, Wisconsin, Kentucky, Illinois, Indiana, Oregon, California, and Florida) have special bikeways from which motorized traffic is banned. But everywhere there are roads, paved yet not serious traffic arteries, that suffice for biking. If you observe the rules of the road yourself, you'll find that most motorists on these roads are generally courteous and careful. Don't be surprised at the number of passersby who will wave and grin their approval of your entourage.

Should you wish to do your bicycle touring on the other side of the country (or ocean), taking bikes along on a plane is just about as simple a procedure as checking luggage except you do have to turn the handlebars and turn or remove the pedals, neither of which is a difficult operation. Some airlines provide protective cartons or plastic bags. On domestic flights the charge for a bicycle is the same as for excess luggage—usually $4-$8, depending on how far you're flying. Even better, Amtrak trains, for a $2 handling charge, accept a bike in lieu of one of the three pieces of baggage totaling 150 pounds allowed each passenger. You just stow your bikes, unloaded for their own good, in the baggage car without turning a bolt.

Major bus lines accommodate a bike, at no extra charge, as part of your 100-pound luggage allowance. You remove the seat, pedals, handlebars, and front wheel and secure the bike in a carton or other substantial container not to exceed 32x60x8 inches. And for the back or top of your car you can buy (or make) bike racks that vary in capacity from one to six bikes.

Now, about your bicycles: if you're going to invest in new ones, and depending on the kind of touring you're going to do, you should probably spend the extra money for ten-speeds (expect to pay at least $100). But if you already have three- or five-speed bikes in your garage (it wasn't *that* long ago that a three-speed had all the allure of a zippy sports car), they will serve you well for touring too. Three-speeds are generally heavier (requiring slightly more muscle but giving them an edge on stability) than the newcomers, and are designed for upright posture as opposed to the lower profile of riders on ten-speeds with down-turned or "dropped" handlebars, so you'll encounter some additional wind resistance and be in a less efficient pedaling position. If you're one of those people who prefer to bike in a more upright posture and you're shopping for a ten-speed, be advised that regular "flat" handlebars are an available option on some models. However you're most comfortable is the way you'll enjoy biking most.

As for the differences in gear systems, on a three-speed you won't have gears quite as low nor quite as high as you would on a ten-speed bike. And you won't be able to make the fine intermediate adjustments of effort that you would on a ten-speed (nor have to do as much maintenance). But, even unless you plan your tour through some very hilly coun you'll find the three- or five-sp bikes adequate. If your fan fleet turns out to be a mi bag of bikes, you'll see that overall difference in effort speed is not overwhelming betw the three-speed and ten-speed clists. Touring would be awf hard work on a bike with no ge and isn't advised. In many a you can rent bikes—not a bad i for an introduction, but not for real thing. You'll want to kn your bike well before you tak touring.

If you do rely on your rec tional bikes, or buy new o change the pedals to steel "rattr versions with toe clips and str (they're standard equipment most serious touring machin The harness keeps your foot in most efficient pedaling position lets you exert pressure most of way around the pedaling arc. bike seat should be adjusted so t your knee can flex just ever slightly when the ball of your f is on the down-pedal. Check handlebars for a comforta height. Wrists shouldn't be b much in a cycling position. especially important that childr bikes are the right size. A too- bike bought for a kid to grow i is a serious liability and drastic increases the chances of spill Seat adjustment ought to be so what lower than on an adult's b to provide extra security and bility; for an eight-year-old, seat should be about hip level.

Some state ordinances req











bikes be equipped with a bell orn to give an "audible" signal. s are a good idea even in states re not required; you can use n to signal each other on the as well as to alert other traffic. nt and rear reflectors and re- or tape on the fenders are im- ant. And every bike should be pped with a water bottle; bike s have convenient units that n to the bike frame.

ne of the sad realities of life is touring bikes are highly at- ive to thieves. A strong bicycle is a must, and even then it's to park bikes where you can an eye on them.

ny bike you take touring ld be in top-notch condition re you leave. It's best to make necessary repairs yourself so ll know how to deal with me- nical problems that creep up on road. (See the "Cars in your ly" pages of this issue for an le on bicycle maintenance.) a flat tire on your car, a flat bike is no fun and if it could been avoided by replacing an ire or tube before your vaca- it's an unnecessary irritation. e shoes should be checked for .

etting yourself into roadwor- ondition is just as important as ng your bike that way—the e cycling you do before your rture, the better. But do work for *at least* every other day for weeks, gradually escalating listances you can cover to the ber of miles you've chosen as a mum daily goal.

s a good idea for your family ractice-ride together as much as you can to develop awareness of each other's pacing and endurance, and also to observe each other's biking problems or safety violations and correct them before you hit the road. Familiarize yourself with your bike's gears. If you shift enough to keep your pedal strokes at about 60 to 80 a minute (depending on your stamina), you'll be getting optimum benefit from the gears. (Count your strokes for 15 seconds, then multiply by four.) Watch for posture. You shouldn't slump—in the long run it will be more fatiguing. Bumps are easiest on you and on the bike frame if you keep a bit of springiness in your knees and lift slightly off the seat as you go over the ridges. This distributes your weight momentarily. Brake the front wheel then the back in smooth succession for proper braking technique. You'll also want to practice with your bike packed. It will handle quite differently with the extra weight and bulk. A weekend expedition makes a good dry run.

On the safety subject, especially for children who don't drive and therefore lack a lot of traffic savvy, laying out the dos and don'ts is vital. Even for adults it's good to review bicycle safety.

You can start by assuming that *everyone* else has the right of way. Being on the defensive will save you from careening into an accident. It is up to the cyclist to do his utmost to make himself visible—use lots of red or bright orange in your pack and clothing. Ideally, each bike should bear a tall yellow or red flag (units are available that attach to the axle).

It's also up to the cyclist to be alert to vehicles approaching from behind and ahead and to be compatible with the motor traffic. Trucks can really shake you up, and if you hear a big one barreling along, it's best to pull over and stop until it goes by. And even though, as a cyclist, you have the same roadway rights and duties as does a motorist, you should always be prepared for the possibility of being squeezed off the road by passing traffic. If there is a ridge between the road and shoulder, or if the shoulder is rutted or rocky, you'll have to exercise extreme caution along with a firm grip on the handlebars to avoid spilling.

Supreme happiness on a bike is a long downhill, but a steep downgrade can send a bike speeding out of control unless the cyclist does some prudent braking. If any of your kids lean toward youthful recklessness, it would be good to talk *a lot* about not crossing that fine line between enjoying a downhill and being out of control. (Before descending anything seriously steep, you should check your brakes.)

Staying in cohesive single file (except on bikeways), keeping way to the right, giving hand signals for turning and stopping, and observing traffic signals are basics. Nighttime riding, even if your bikes are equipped with lights and plenty of reflectors, is too chancy for any family ever to consider.

To help plan your tours, you can get information from state tourist offices (write to the offices in the capital city of the state). Some states are more hip to cyclists than others; for example, from Vermont you'll get a visitors handbook of accommodations and places of interest, a road map of the state, and a charming and thorough booklet on touring in Vermont, suggesting routes and describing attractions along the way. New Hampshire, Maryland, Minnesota, Indiana, Idaho, Kansas, Rhode Island, Texas, Michigan, Oregon, and Wisconsin will send similarly helpful materials. But from any state office you can at least get a road map and brochures about places and things likely to be of interest. By writing to county seats, you can often get county maps (usually about $1) with much more detail—back roads that aren't important to many cars but are ideal for bicycles. If you're really nervous about hills, hunt up a geodetic map of the area and plot your course around the hills instead of through them.

American Youth Hostels has put out an excellent touring guide for North America (plus a bit of advice on cycling in Europe). The guide includes detailed tours in most states, Canada, Mexico, and the Caribbean, classified in degrees from easy to rugged ("North American Bicycle Atlas," $2.50 in bookstores or by mail, add 65 cents handling, to American Youth Hostels, Inc., National Campus, Delaplane, Virginia 22025). There are also regional touring guidebooks available for specific areas where biking is taken more seriously. Inquire about these books locally.

Once your tour route is decided, and if you plan to stay in hotels or

continued



motels, take the precaution of making reservations at anticipated stops. If you find when you're actually under way that you're clicking off the miles faster or slower than you figured, you can always adjust your reservations, but pulling into a motel that doesn't expect you and confronting a "no vacancy" sign is a serious matter. "There's another motel four miles down the road" won't sound quite the same to your ears as it would if you were driving. When you're tired and want to quit, four miles is a long, long way. Tenters should also plan their overnights carefully, plotting the camping facilities on or near the route and making reservations where possible. Either way, don't ignore the desirability of stay-put and low-mileage days.

Excessive luggage is a drag on any vacation, but on a bicycle touring vacation it's unthinkable. What and how you pack deserves your most judicious attention. And since you'll be personally pushing along every pound, you'll quickly see that less is better.

The clothing you'll need to bring along will be pretty much dictated by the weather and the activities you anticipate en route. Your cycling garb should be light and trim. Baggy, bulky clothing catches the wind. Plan to dress in layers so that, as you and the day warm up, you can peel off what isn't needed. Natural fabrics like cotton or wool are best for at least the layers closest to you—they "breathe" so they don't trap perspiration—but a nylon parka is good to have as a windbreaker. Shorts are preferred by most cyclists, but one pair of long pants (slip a pair of pants clips in the pocket) or jeans and a long-sleeved shirt should be included for cooler times and nights, and protection from sunburn if necessary.

Shoes should be sensible, light, and preferably leather. One change of cycling clothes, two of socks and underwear, a bathing suit, sweater, and pajamas are usually enough, along with one set of wrinkle-resistant dress clothes and a pair of shoes for the more formal occasions. There is no such thing as perfect rainwear for cycling—rain suits trap too much of your own body moisture, and ponchos, which are practical for keeping you dry off your bike and pack well, flap in the wind and provide no protection for legs and feet. (Unless there's some serious reason to press on, it's best not to cycle in the rain anyway—visibility is reduced, road surfaces get slippery, and wet brake shoes are not entirely responsive.) Toilet kit, sunglasses, and sun- and rain-shield hat if desired (one that won't blow off) complete the personal basics. If you are taking an infant or toddler along in a carrier, remember that your passenger won't get the same exercise you will so he needs warmer clothing.

Shared necessities to pack: first-aid kit (small scissors, antiseptic, plastic bandages, adhesive tape, one-inch gauze, germicidal soap, two-inch gauze bandages, aspirin, ointment for burns or sunburn, and absorbent cotton), sewing kit, flashlights, extra water canteen(s), sun lotion, bug repellent concentrate, buffered salt tablets for extremely hot days, road maps, traveler's checks, and identification. If you don't communicate well with dogs, include a small can of surly-dog deterrent spray of the sort used by mailmen and meter readers.

An on-the-road repair kit should include a six-inch adjustable end wrench, spoke wrench, short screwdriver, pliers, tire levers, tire patch kit, spare tube and tire valve, hand pump, pressure gauge, chain tool, master chain link, small can of light lubricating oil, pocketknife, and an abridged, concise repair manual with which you are familiar and comfortable. If you have cause to consult the book on the road, it shouldn't be the first time you've opened it. Two good compact books for the road are "Anybody's Bike Book" by Tom Cuthbertson ($3, Ten Speed Press) and "Bikes" by Stephen C. Henkel ($1.25, Bantam Books). For in-depth, at-home reference, "The Complete Book of Bicycling" by Eugene Sloane, lives up to its title ($8.95, Trident Press).

If you're going to camp out, add three-pound sleeping bags and lightweight pup tents, ne cookware, mess kits and cups ing utensils, can opener, ma in waterproof container, dish el, scouring pad, small coo stove and fuel if desired, soap towels. Any staples brought —pancake flour, soup mix, oi milk, grains, beans, nuts, fruits or meats, peanut b honey, jelly—should be pack plastic bags or containers.

Special interest items like lapsible fishing pole, ca sketch pad, or harmonica ar propriate to bring along too.

That might sound like an lot of stuff to pack on a bike so it is, but it's manageable i arrange things carefully. Y need a sturdy luggage carri each bike and saddlebags— niers, in bicycle jargon—fo bulk of your gear, and a con front bag for miscellany like sunglasses, and tissues, and snacking foods. (Hard c dried fruits, fresh fruits n the fragile variety, or a cy snack called "gorp"—a mixtu non-melting chocolate nugget salted nuts—are good e boosters, and in warm we beef sticks and pretzels help pensate for salt loss from pers tion.) The carrier bags you make, or rent should be weight, sturdy, waterproof, easy to remove, should you cycle require maintenance.

continued

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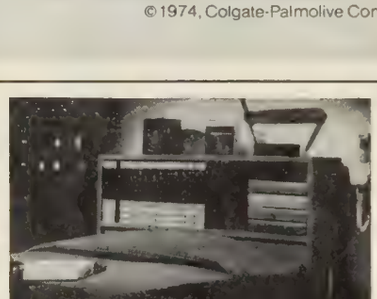




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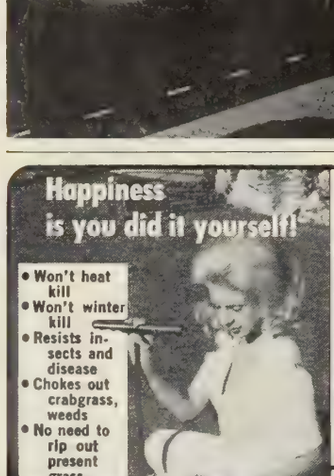
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continued

Bicycle touring

When packing the panniers don't fold clothes; instead, roll them in plastic bags, which can come in handy for any number of things on the road, and place the rolled-up packages vertically instead of packing from the bottom up. This reduces the need for rummaging. Put liquids in plastic containers and distribute them along with solid items like cooking kits among the pliable items. Lighter, bulkier things like tents and sleeping bags can be secured to the top of the carrier racks with heavy elastic cables you'll find at any bike shop. The objective is to keep the weight low on the bike to assure a low center of gravity and to keep the packing trim and behind you as much as possible to minimize wind resistance. Balancing the weight precisely is critical.

You should not pack things in open baskets, nor hang things from the bike. Bulky gear stowed on the front of a bike reduces steering agility and obscures vision of the road surface. Knapsacks and backpacks of all kinds are taboo for the cyclist. The idea is to keep the weight on the bicycle, not on you where it affects *your* center of gravity.

Packing is important enough to merit rehearsal. You get craftier and craftier the more you do it. It's important, too, to find out beforehand just how much weight each family member can accommodate and spread the load accordingly. If some members are on three- or five-speeds and some on ten-speeds, there's nothing immoral or unreasonable about packing a bit more weight on the ten-speeds to reduce their advantage slightly. It's done in all the best horse races.

Admittedly, the above entails a great deal of organization and activity, but bicycle touring by its very nature invites participation by the *whole* family. It's an effort all of you can get very enthusiastic about, if not absolutely compulsive. And when you pull out on the road, the elation of the very first hour will be compensation enough for all the energy you put into preparations.

It would be unrealistic to think that there won't be some mishaps —breakdowns, spills, scraped knees and elbows, less than perfect weather—but not many families could make it through a vacation without *something* happening anyway. And you must remember that even though you've left behind many of the accouterments of our society, they're available in every town. You'll find that people you meet along the way are gene
miring of your effort an
tous of your well-being
ever need assistance, it w
easily.

Some families might p
tour, at least initially,
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with more experienced
(and more experienced
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spare parts.

There are bike clubs
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If you want to tour with
in some other area, t
bike clubs there are y
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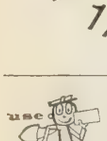
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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West

California's bikeways

Freeways for bicycles? Or bicycle tows for steep mountain grades? Those are pipe dreams of the fanatical cyclist. But safe, practical accessible bicycle routes for the burgeoning number of American cyclists are becoming more numerous. No pipe dreams these, but a new breed of thoroughfare—the bikeway.

At present, three types of bikeways exist in California. Best and safest, though most rare, is the Class I bikeway—the true bicycle path, separate from the flow of ordinary traffic and off limits to all motorized vehicles. Next is the Class II bikeway—a bicycle lane marked by painted lines or rows of small bumps, coexisting with the regular traffic flow. Last, and most common, is the Class III bikeway—a bicycle route offering no distinct pathway, marked only by signs to indicate the likely presence of cyclists. In the following outline of California bikeways, emphasis is placed on the recreational rather than commuter-type routes.

The San Diego area has a number of established bikeways, mostly of the Class III variety. On Coronado Island, just across the harbor from San Diego, a bikeway skirts the city along the Pacific Ocean and upper San Diego Bay, offering views of the coastline and harbor. Across the harbor mouth lies Point Loma, a residential community perched between the bay and the ocean, with a bikeway leading to beaches and Sunset Cliffs.

Besides a Class I bikeway on Harbor Drive, San Diego proper offers assorted bicycle tours on Class III bikeways. You can follow a marked route through waterfront and downtown sections of the city; pedal around Mission Bay with access to Sea World; visit Balboa Park's theaters, museums, and renowned San Diego Zoo; or, if you're more adventurous, you can enjoy Mexican vistas along the Montgomery-Waller Trail, a pleasant circle tour of several miles through rural areas with bird's-eye views across the Mexican border.

Just north of the city, La Jolla, famed for its affluent residential areas, has a Class III bicycle route beside the water, handy to public beaches and parks. In Oceanside another seaside Class III bikeway turns inland after about four miles, taking you through the city and beyond to the hills. North of Oceanside there is a bikeway through the Marines' Camp Pendleton, 16 miles of lonely road and desert atmosphere. Newport Beach is next, with an honest-to-goodness Class I bikeway for nearly three miles, including the entire length of its concrete "boardwalk." Palm Springs, about 75 miles east of Los Angeles, offers a ten-mile bikeway system of Class III loops throughout the city.

A Class I bikeway in Santa Monica takes in the ocean—along the Promenade—as well as residential areas. The latter part of the eight-mile loop is Class III, but has little car traffic. However, the Promenade prohibits bicycles from 9 a.m. to 7 p.m., May through September.

Another Greater Los Angeles area Class I bikeway parallels the San Gabriel Freeway beside the flood control channel. The ride is windy, but the surface is good, and you have 5.5 miles of auto-free cycling.

A third Class I bikeway is in the Whittier Narrows Recreational Area around Legg Lake, reached via the Pomona Freeway (State-60). This 3.5-mile trail of crushed rock leads through grassy environs with pleasant sites for picnics and games.

At the foot of the San Gabriel Mountains, in and around the cities of Pasadena, Arcadia, Azusa, and Glendora, are several Class III bikeways. Pasadena has one of the oldest bikeways in Southern California, a ten-mile north-south route that passes the Rose Bowl. The Arcadia bikeway, considered one of the best in the San Gabriel Valley, consists of four separate loops—a total of 35 miles—enabling cyclists to see the Santa Anita track and the Los Angeles ty Arboretum.

About 50 miles northw the L.A. urban sprawl, the Ventura boasts a 16-mile bi that takes the cyclist throug rina, beach, and residential with a host of attractions the way: Mission San Buei tura, pioneer museum, promenade, fishing pier, buildings, state beaches, pa

Santa Barbara's routes i a bikeway along the ocean of it Class I, a Class I syst the local University of Cali campus in Isla Vista, and cycle route from Santa B through Goleta and Isla V the campus—altogether ab miles of bikeway.

Northern California boa state's longest bikeway, 70 miles, running through inland counties. The Cali Aqueduct Bikeway extends the aqueduct from Bethan ervoir near Tracy (some 60 east of San Francisco) so the vicinity of San Luis near Los Banos. (For maps to the Department of Wat sources, 1416 Ninth, Sacra 95814.) Restricted to bi and hikers, the trail has fo trances, rest stops—with ing water and toilets—eve miles, and camping and facilities at either end. Alt heat and gusty winds c drawbacks, the road surf level and generally smoot the San Joaquin Valley cooling vistas of green fiel chards, and distant mounta

San Francisco proper h recreational bicycle rout well as commuter routes. former, one meanders for sant 7.5 miles through tho acre Golden Gate Park. Th offers a variety of attra from aquarium, planetariu seums of art and natural h to gardens, lakes, stables, p fields, and the popular Ja Tea Garden.

From the park, a marked leads along city streets fo miles to the recreationa around Lake Merced, circ

e-mile paved path recently
nated a bike route. A sepa-
ike lane borders the Great
way beside the beach from
uthwest corner of the park
zoo near the lake.
e Golden Gate Bridge,
leads north to Marin
ty, permits bicycles toll-
n the walkways, while spe-
buses from the East Bay
f Oakland carry bikes back
orth across the Bay Bridge
eekends. The buses, com-
with bike racks, run 13
per day on Saturdays, Sun-
and holidays, from early
ng until after midnight.
553-3535 for schedule and
details. Ferry boats from
rancisco to the city of Sau-
in Marin County accept
es aboard. And, for cyclists
aspire to leave all motor
behind, a ferry will take
rom Tiburon to Angel Is-
in the middle of the bay,
several miles of paved
circling the island present
nt views of the Bay area
directions.
e you've crossed the Gold-
te Bridge into Marin Coun-
u'll find many options for
tional riding. If you're in
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s types to lead you between
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ito, within easy reach via
ay from the bridge. Once
fishing village, it is now a
b of tourism on weekends
ring the summer months,
g an intriguing variety of
rafts, and clothing shops,
ting places.
n Sausalito, try the newly
d bike path to Mill Valley
along the edge of Richardson Bay. The city of Tiburon, on a peninsula jutting into the bay, offers a Class I bikeway pleasantly apart from traffic. There is also a bike route through the cities of Ross and Fairfax, with a recreational area at its end featuring swimming and tennis.

Across San Francisco Bay to the east, in the hills above Berkeley, Tilden Park has a 3.5-mile bikeway through redwood, pine, and eucalyptus trees with ridgetop views of the bay and San Francisco. To the south, in the hills of Oakland and San Leandro, Anthony Chabot Park invites cyclists to try a three-mile asphalt bicycle trail beside Lake Chabot with opportunities for fishing, boating, and camping. On the bay side of the city of Fremont, a bicycle trail skirts the bay and hills in Coyote Hills Park. Nearby, along the side of Alameda Creek, runs six miles of Class I bikeway leading north from the bay to the hills. Once a month during the spring and summer, two-hour bike trips led by a naturalist are scheduled along this trail.

North of the San Francisco Bay Area, near Sacramento, there are 12.5 miles of Class I bikeway in the newly designated American River Parkway, a recreational area comprising three regional parks, golf course, fishing, and picnic facilities, and, close to the bikeway, a youth hostel.

To enjoy California's bikeways you don't have to own a bicycle. Renting one is usually no problem. Bike rental facilities are frequently found near recreational routes, or you may be able to rent from a nearby bicycle shop. ■

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3 hard-cooked eggs, c
½ cup chopped celery
½ cup coarsely grated
¼ cup sweet pickle re
1 tablespoon chopped

• • •

½ cup mayonnaise or dressing
½ cup (2 ounces) shre process American c
1 teaspoon salad seas
1 teaspoon prepared m

In medium saucepa peas and water. Brin boil 2 minutes. Re heat. Cover and let st Add salt; bring to b heat and simmer, co hours, or till just tend from heat; drain a large bowl, gently t peas, eggs, celery, ca relish, and onion. Co onnaise, cheese, salad and mustard; toss wi mixture. Cover and c 4 servings.

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Bedrooms that hang



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When it comes to decorat
a contemporary bedroom,
walls can do much more th
just display pictures. Witn
what happens in this pair
girl's bedrooms.

A close look at both of th
rooms reveals that except
the Hollywood beds and w
chairs, everything is perr
nently attached to the wa
This not only frees floor spa
it simplifies cleaning—the
minimum furniture to m
around or clean under.

The study area of each ro
boasts 14 desk drawers, t
large hinged cabinets, and
wall-to-ceiling adjustable bo
shelf on the end of each ro
All of the cabinets and shel
are covered with easy-c
white plastic laminate. T
fluorescent lights under
shelf above the desk prov
good direct lighting.

The cabinets themselves
supported by horizontal w
strips screwed into the v
studs. Exposed laminate ed
on the cabinets sharply out
the wall furniture.

A small compartment beh
the beds serves as headboa
shelf, and pillow storage a
Beside the bed, an auxili
shelf provides a conveni
place for a portable televis
and bedtime snacks.

The clean-lined cabinets
shelves, like the posters t
surround them, give the roo
contemporary look. Bright
walls supply a sharp contr
to the white cabinets, mak
the furniture itself seem lik
form of pop art. Both roo
enjoy plenty of storage spa

pping for a ing machine

lready know how or are to sew, rising clothing ave probably whetted erest in buying a new machine this year. A achine could help you your wardrobe dollars. ght even be inspired to ur own draperies, bed- or slipcovers, too.

fabrics, smart patterns, -saving sewing machine nts all make sewing ealing than ever before. some guidelines to help se a new machine you'll with.

t a new sewing machine term family investment. an run as high as $600, shopping is important. those features you think se.

ly, there are four kinds nes classified by kinds

aight stitch is the sim- least expensive. It is those learning to sew, e who uses a machine tly for making minor t stitches forward and

ic zigzag machine sews stitch in addition to the tch where the needle m side to side to over- s, appliqué, blind hem, , or make buttonholes. *re versatile zigzag* of- one to 25 or more pos- es. Its special stitches e blind hem, the multi- ag, and decorative

st versatile zigzag has a n that moves fabric ally back and forth as swings from side to ing possible a variety ive stitches.

ral, the more compli- nachine, the more skill l to operate it efficient- e to test the machine n the store or have a tion of all the features. tain you know where vailable and where you rts.

rsus cabinet

wing machines are, of re expensive than the odels. Which type ma- choose depends on the have available and the plan to spend. Make portable really is light you to move it easily location to another. also need a worktable rrect height for easy Most stores sell tables designed for portables If you want a cabinet model but your budget rules it out at present, you might consider buying a portable now and fitting it into a cabinet later.

A cabinet model can be a useful furniture piece in a den, bedroom, or laundry-sewing room. You should be able to find a style that complements your decor.

You have a choice of two basic types in cabinet models: a flat bed or free arm machine. A flat bed machine has a broad, flat, fixed base, while a free arm machine has a narrow, open base. The free arm machine is excellent for sewing sleeves, trousers, and quilts. ■



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Personal place mats

Those ordinary store-bought place mats can take on as many looks as a chameleon. Simply trick them up with braid and edging, and combine with centerpieces you've concocted yourself. If the mats are made of fabric, you can sew on a variety of braids and fringes. If they're plastic, attach the trims with white glue.

Cottage-style high tea. You may want to serve supper at five o'clock for a variety of reasons: a basketball game, an early movie, a committee meeting, or a combination youngster-adult gathering where the kids won't wait for dinner at eight. Here's how to eat early but with flair. The cotton place mats and doll tea cozy are trimmed with cheerful heart motif braid. The tea cozy is easy to make from a checked napkin; its face and arms are sewed from stockings. Tuck a miniature straw basket over one of the doll's arms and fill it with a small cluster of fresh blossoms. White china with sculptured lines adds a refreshing touch. Serve a salad and doll-size sandwiches with plenty of hot spiced tea.



Give an elegant dessert party with a Victorian flavor. The time might be from two till four o'clock. Or, use this motif for a ladies' luncheon, or a formal midnight snack for your bridge club. Edge a black plastic place mat with heavy gold cord finished with tassels at either end.



You can loop the thick cord in as many intricate swirls as you wish. Secure with white glue spread on both cord and place mat. Whimsical centerpiece is a pincushion (an oblong one can be made or bought) edged with the same trimming. Fantasy flowers that adorn the cushion are colored ceramic blooms available at variety stores.



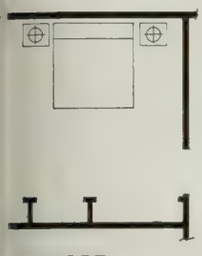
Photographs: Hopkins

Dress up dinner with an art-nouveau look. After all, your guests will be sporting their best bibs and tuckers, so complement their elegant attire with a sparkling table. Our table setting has a "rich as Croesus" appearance—but it's relatively inexpensive and easy to reproduce. See-through plastic place mats are trimmed across one corner with a few inches of beaded fringe. The centerpiece can be a glass-sided cigarette box or jewel box with bright trinkets at the base. Top with plastic flowers that simulate the popular beaded blooms of the turn-of-the-century era. The graceful flower-centered plate adds the finishing touch.

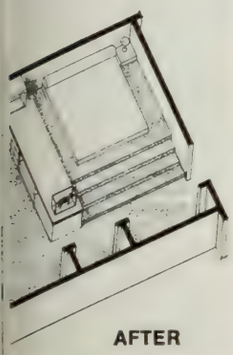
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shag-carpeted steps. For extra visual impact, an open "ceiling" of redwood slats was suspended over the bed.

The long counter that separates the two spaces is 44 inches wide and 42 inches high. It offers generous storage space for bulky office supplies, and allows easy access to everything. Four filing cabinets fit comfortably under one end of the counter. Shelves and cabinets on the back wall provide additional space for books and other needs.

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Wide drawers next to the pantry closet, below, accomm table linens. Each of the doors is hinged in the middle so it d block the hallway when open.

Photographs: Les Turnau. Designer:





darling husband is a very demanding n. He insists on a good Sunday breakfast l Maxim®. It tastes like perked coffee.

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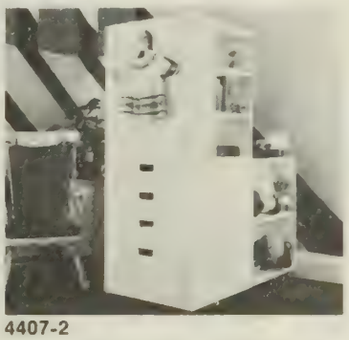


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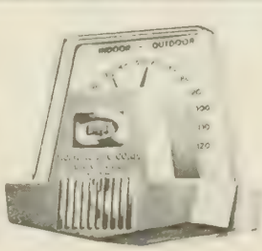
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First aid for your injured pet

Would you know what to do if your pet were struck by a car or prostrated by heat? Get him to a veterinarian, of course. But in the meantime, there are first-aid measures you can take that will make your pet more comfortable and might even save his life. Here are suggestions to help you handle emergencies.

Burns

Fortunately, because of their hair coats, dogs do not have many problems with burns. Group one, or first-degree, burns are most common and usually are superficial. They are characterized by blistered skin. Your dog's chances for recovery are good.

Immediately after your pet has been burned, apply cold water to the injured area. If burns cover a large area, get the dog into a bathtub of water with ice cubes in it. Immerse him completely. Don't treat the burn with butter, lard, or other greasy substances; they trap the heat and make the burn more severe.

If the burn is superficial, you can probably take care of it yourself. However, check with your veterinarian anyway, and stay alert for signs of infection.

If the burn area is large, give the dog the cold water treatment, and then get him to the veterinarian. Extensive burns can lead to shock, which you can't treat.

Shock

There is considerable disagreement among veterinarians on exactly what shock is. Basically, it is the over-response of the system to traumatic injury. Animals have a built-in protective fear-flight-fight system. Initially it works to protect the animal, but under severe trauma or stress the system overreacts and shock results.

The first sign of shock is a decrease in blood pressure. There are two ways you can recognize this. Lift up your dog's gum and look at the mucous membrane of his mouth. If you have not done this before, look at your dog now. Pinch the membrane. The tissues should blanch out and immediately return to a normal, pink color.

An animal in shock has pale mucous membranes. Sometimes they are sheet white. That means the pet needs immediate attention. Sometimes the shock condition is marginal; if so, the color comes back in a few seconds after a pinch. That is a good indication that the animal has substantial blood pressure. If it takes more than a minute for the color to return, the dog is probably in shock.

The other way to test blood pressure is to palpate, or feel, the dog's pulse. This can best be done in the femoral artery, which runs down the inside of the dog's thigh. Here the pulse is readily felt, just like the pulse on your wrist. The pulse should be a firm, evenly rising, evenly falling beat. A dog in shock has a fast, rapid pulse that is very weak.

If your dog has blanched mucous membranes and a weak pulse, you can help the veterinarian by telling him over the telephone that you think your dog is in shock. The doctor will then know the animal needs immediate attention and will be prepared for your pet's arrival at the hospital.

Environmental exposure

Hyperthermia, or heat stroke, occurs when your pet retains too much heat in his body. The best way to deal with this condition is to prevent it. Don't leave your pet in the car on a hot day and don't let him get into a predicament where he can overexert himself.

Pugs and Boston terriers are especially vulnerable to heat stroke because their nasal passages are too short, and their soft palates too long. Overweight dogs are also likely candidates. A normally inactive dog running around excitedly on a hot day will probably suffer heat stroke. His body temperature can climb to 106 or 107 degrees.

If you suspect your dog is suffering heat stroke, the first thing is to cool him as quickly as possible. Wet him down; soak him in cold water or alcohol. Put a fan on him and apply ice cubes to his tongue and nose. A cool water enema helps lower the internal temperature. The object of all these measures, of course, is to get the heat out of the dog's body as quickly as possible.

If high body temperature continues, there can be brain damage and the animal may lose the ability to control his body temperature. Then he will need intensive care to survive.

Hypothermia

Decreased body temperature is especially dangerous to young puppies. Before a puppy is three weeks old he has a difficult time maintaining his body temperature. He cools quite rapidly, and his body is as cool on the inside as on the outside. His heart will hardly supply enough blood to keep him alive.

Don't try to warm a cold puppy too rapidly by putting him on a hot water bottle or heating pad. The secret is to warm him slowly but steadily. Get a big, old overcoat—one that you don't care if a puppy soils. Sew some pockets on the inside and put the puppy in a pocket. Walk around with him for several hours so the heat of your body warms him slowly.

Fractures

If, after being hit by a car, your dog is obviously not using a limb, you will probably assume he has a broken leg. A fractured limb is not an emergency. Very few veterinary surgeons want to operate on fractured legs until two or three days later. This allows time for swelling to subside so the surgery is less difficult to perform.

If a dog suffers a fracture in the middle of the night, he probably will not require medical attention until the next day. A dog with a simple fracture can be handled as well by you as by a veterinarian, provided you understand how to detect shock. Put your dog in a quiet room and do not disturb him. Most veterinarians will put him into an en sure and watch him to make s he does not go into shock, wh can be much more life-threat ing than the fracture itself.

Many well-intentioned overzealous dog owners h thrown their pets into shock attempting to treat fractures. it-yourself splints can do m harm than good, and in n cases they're unnecessary. If y dog has a fractured limb, won't use it.

Compound fractures, wh the bones are fractured and pe trate the tissue, are another n ter. These are emergencies warrant a trip to a veterinar *immediately*.

Poisonings

If you suspect your pet has gested a poison, act quickly. baits, weed killers, plant and la sprays, and other househ chemicals can be fatal. In cert cases, such as ingestion of pentine, gasoline, or other vo tile agents, vomiting *should* be induced.

For all other types of pois ing, you should try to make y dog vomit. Peroxide thro quickly into the back of the do mouth will often cause vomiti A tablespoon of table salt on rear of his tongue, too, will of work.

Whole egg whites are a g home remedy because they tie toxins. Give the egg whites your dog orally, and then your veterinarian.

If your pet has suffered c tact poisoning on his skin, fl the area with water to soak poisonous material off. If it is alkali, wash the area, and t apply a dilute vinegar soluti Do not apply the vinegar direc to the alkali—the chemical re tion may burn the skin. Floo with water first. With acids, w the area off well with water, t apply a bicarbonate solution.

No pet owner really kno how he'll react during an em gency, but try to remain ca Your anxiety really can rub on your injured pet. Also, y can function faster and more ficiently when you're in con of your nerves. Keep cool you can help your pet along road to recovery. ■

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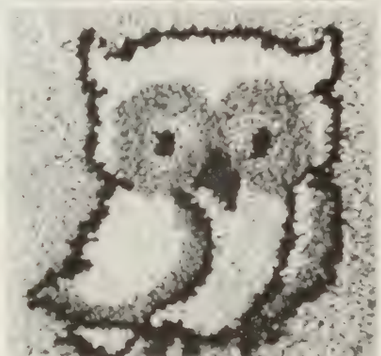
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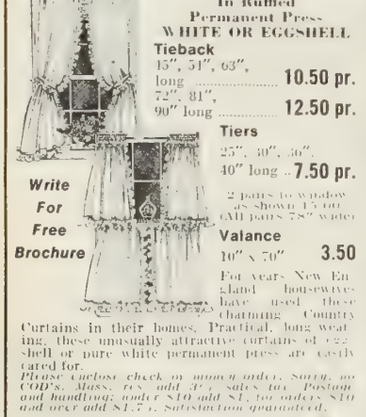
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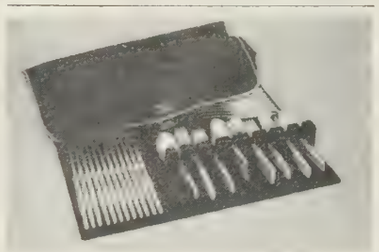
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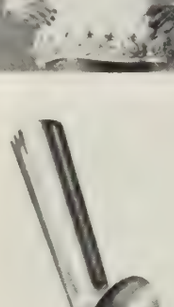
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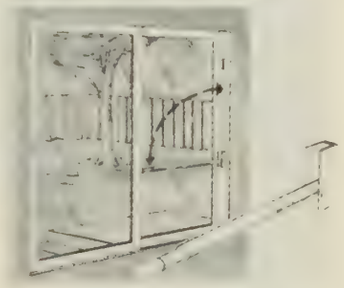
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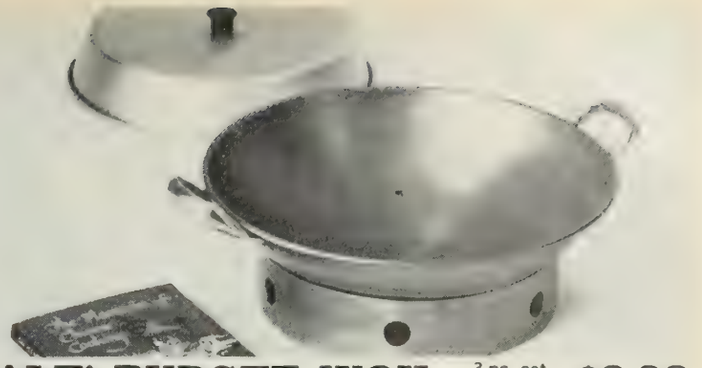


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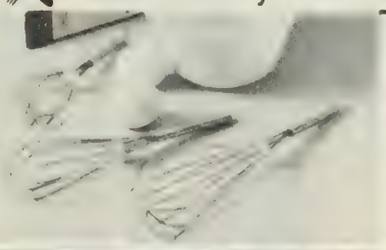
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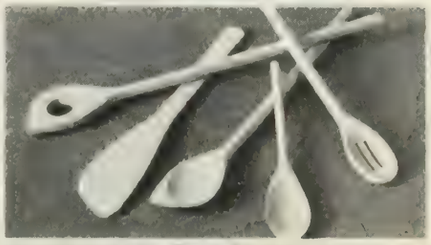
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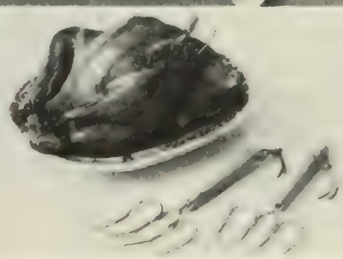
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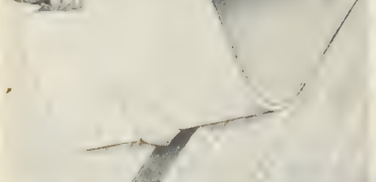
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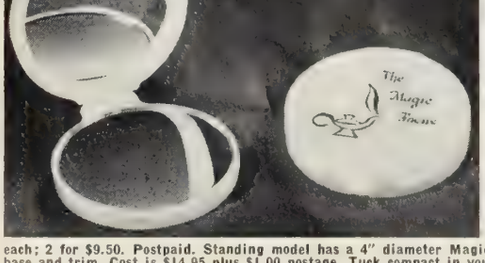
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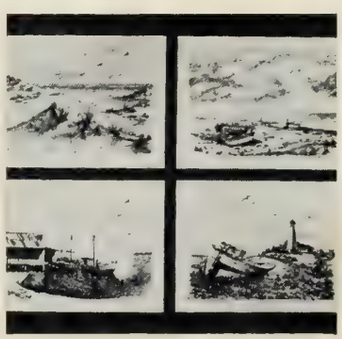
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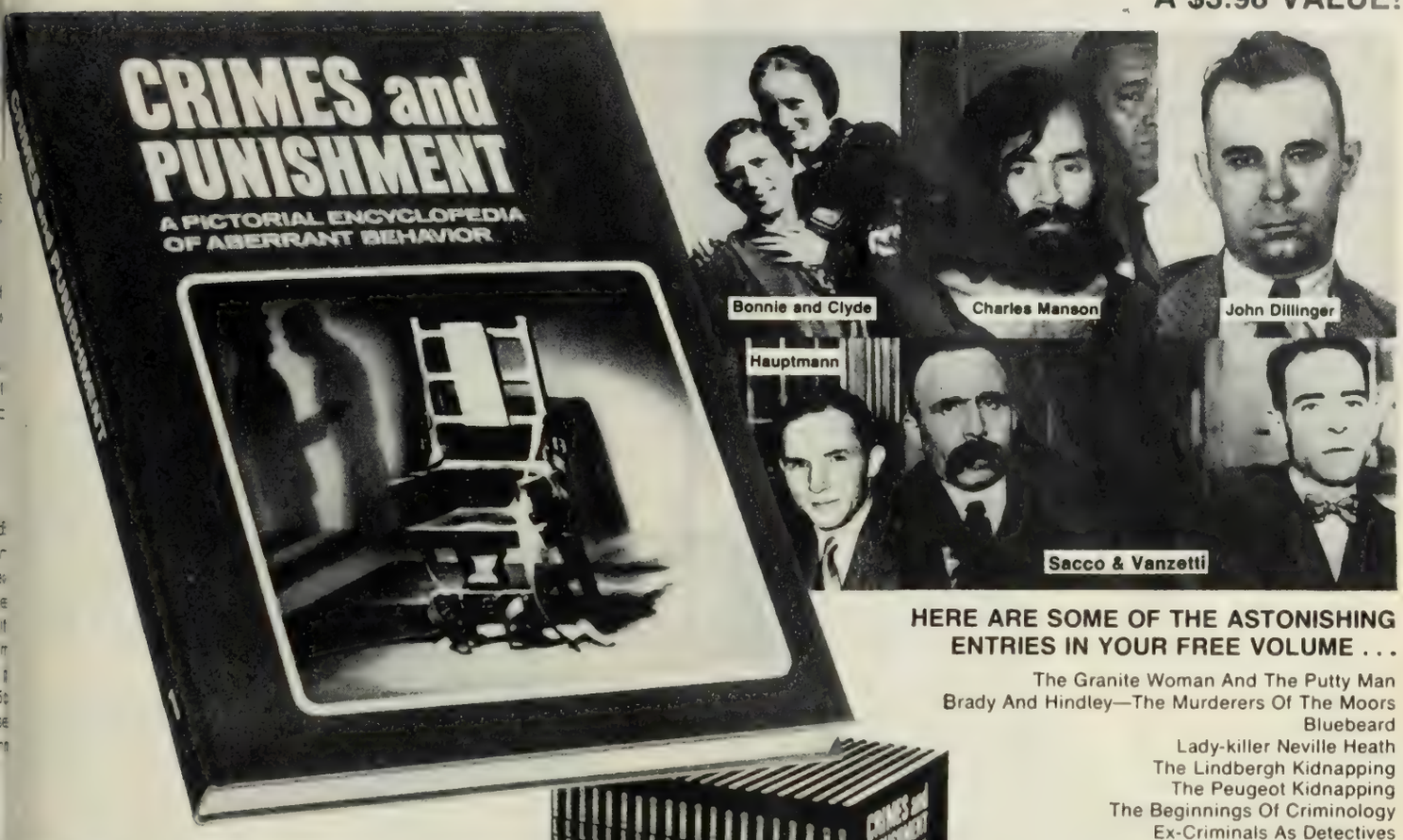


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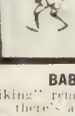
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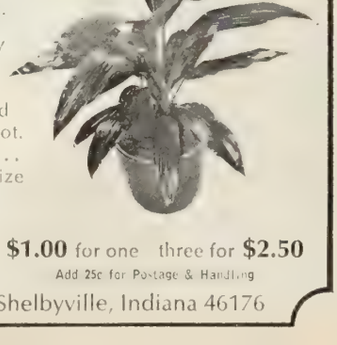
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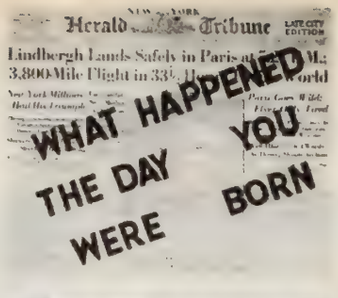
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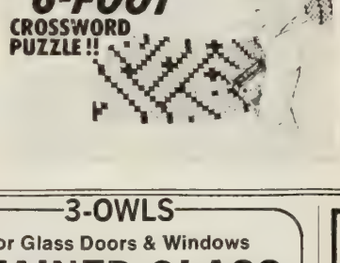
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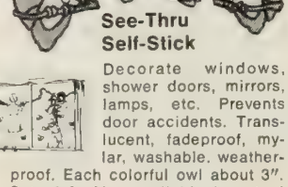
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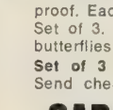
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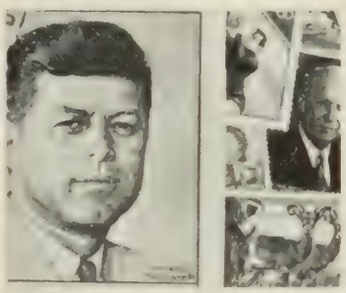
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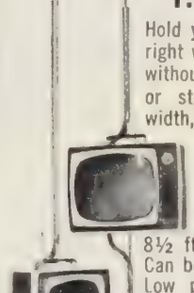
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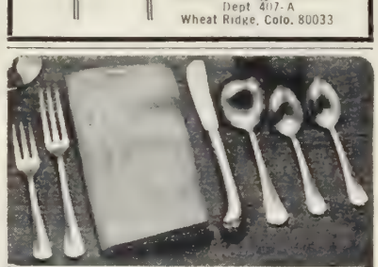
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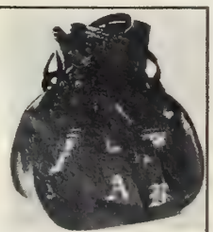
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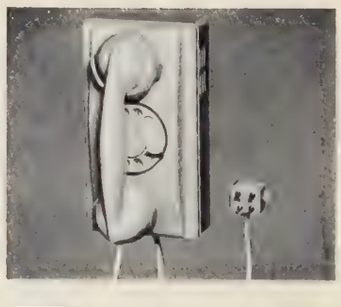
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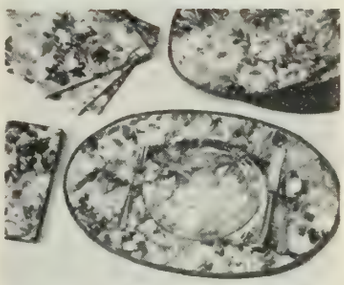
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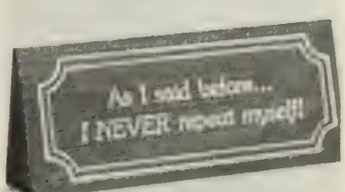
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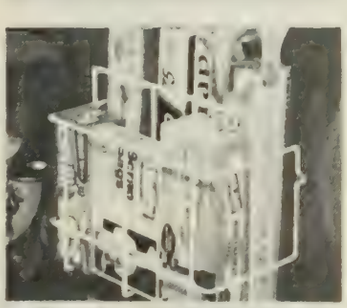
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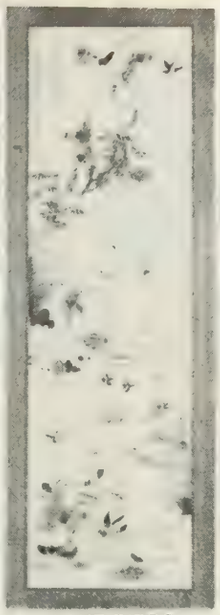


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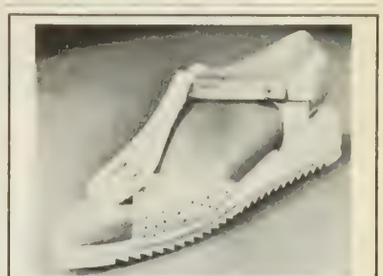
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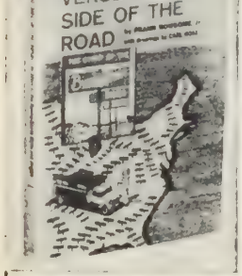
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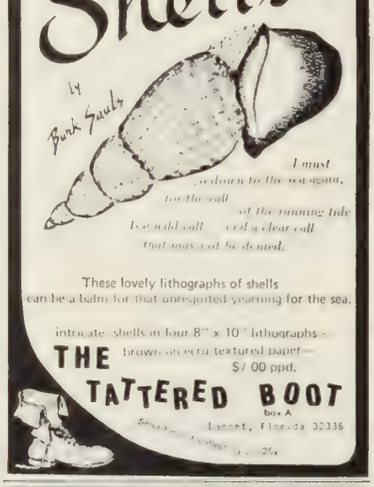


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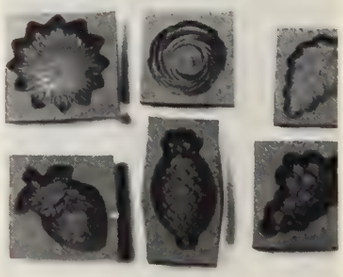
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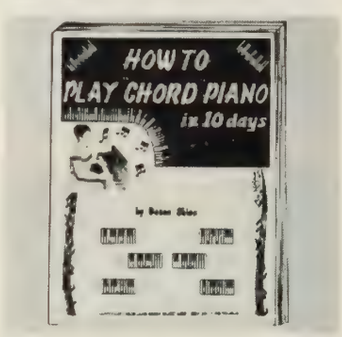


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The man next door

A vice-president at the office has discovered that turning the air conditioning down to conserve energy has created a whole new group of executives who can brag that they work in their shirt-sleeves.

The compact car seems to fit our times perfectly. It uses less gas and there is less room for the less groceries you can afford to buy.

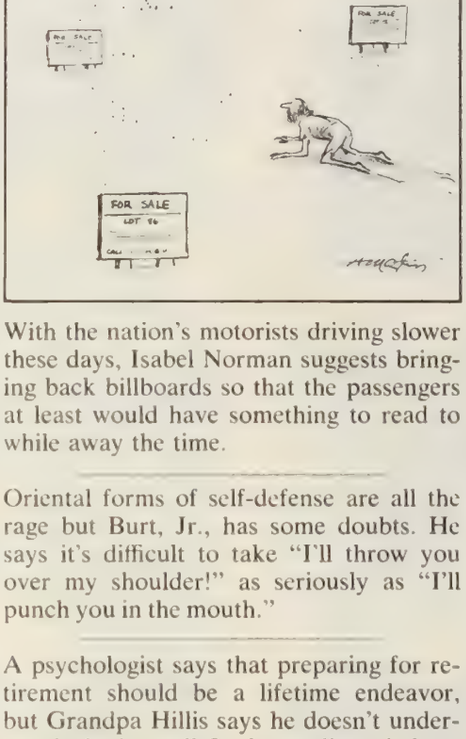
Pretty Elaine Cowan says cleaning out the closet has supplied additional convincing evidence that all photograph albums ought to self-destruct after about five years.

Our Rosemary, home from college for the summer, believes that solar energy has great potential. But she still maintains that putting moonlight to work would be decidedly more romantic.

"One of the problems with the world today," declares Grandma Hillis, "is that by the time we get old enough not to care what anybody says about us, nobody says anything."

My Christine thinks that household appliances must have a built-in sense of organization, enabling them all to break down at the same time.

Grandpa Hillis, hearing what Washington has budgeted for national defense this fiscal year, declares that "We ought to be happy there's not a war going on. We can hardly afford peace."



With the nation's motorists driving slower these days, Isabel Norman suggests bringing back billboards so that the passengers at least would have something to read to while away the time.

Oriental forms of self-defense are all the rage but Burt, Jr., has some doubts. He says it's difficult to take "I'll throw you over my shoulder!" as seriously as "I'll punch you in the mouth."

A psychologist says that preparing for retirement should be a lifetime endeavor, but Grandpa Hillis says he doesn't understand what's so all-fired complicated about learning how to turn off the alarm clock.

Grumpy Ned Carter says the trouble with trying to study behavior patterns these days is that nobody is behaving.



"Go wash your hands"

My antique-addicted Christine takes mo than a passing interest in talk of a reviv in rail transportation. She's hopeful it m open up a whole new supply of those ol time railroad watches and lanterns.

Christine reports that shoppers are no lon er confronted with the problem of spira ing prices. "Now," she declares, "they ju shoot straight up."

Have you noticed how the grass alwa looks greener on your neighbor's new tel vision set?

"Many states now have no-fault divor laws," says the Rev. George Hall, "b I expect that it will take considerably lon er to develop a no-fault marriage system

"If the world came to an end and Was ington made the announcement," Co gressman Nick Hanfli reported on a wee end trip back home, "no one would b lieve it."

"Maybe it's just a reflection of t times," he added, "but too many peop have lost faith in our political system. T presidency rates low in the opinion pol and—more surprisingly—the Congre rates even lower."

But Congressman Hanfli insists that isn't the political process that's to blam Slow and cumbersome though it may b it's been tried and found valid for near two centuries.

Instead, he puts the blame on the inpu pointing out that the Congress gets strength, its ideas, and its motivation fro the people it represents. And when the ingredients fall into short supply, the fi ished product may appear a bit flimsy, to

"It's the people who can restore fai and participation in their government," declares. "The most important thing is f them to elect Congressmen they can rea trust—rather than trying to decide who more experienced, or knowledgeable, good looking—and then they need motivate these representatives with letter with ideas, and with opinions. Tha what will enable the Congress to respon to the wishes of the people.

"The political process is not much d ferent from building a house," he adde "Congress is the carpenter, but it's the pe ple who supply the architectural plans a the raw materials.

"And if we don't have much faith in o political system, perhaps it's simply b cause we just aren't putting enough of ou selves into it." ■

Burton Hille

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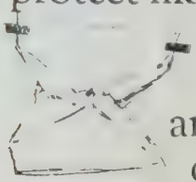
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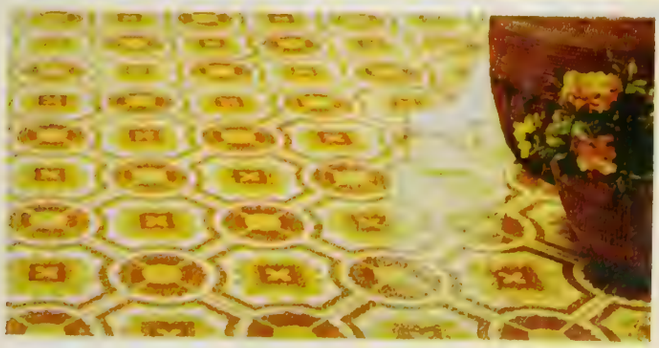
Eventually heavy-traffic areas may begin to show a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish for use occasionally to touch up the shine.



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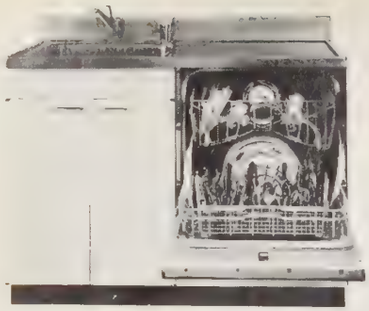




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The facts about food poisoning

From time to time, you hear or read about an outbreak of an illness vaguely described as "food poisoning." Half the people attending a company banquet become sick afterward. Or a flock of children who eat lunch at school are absent the next day because of stomach trouble.

Such incidents, however, are in the minority. Food poisoning most often strikes individuals or members of the same household, and almost always stems from the improper handling of food.

The prevention of food-borne illness begins, of course, at the source, with the growing, raising, and commercial preparation of food. But it does not end there. The living organisms that can lead to illness when ingested are ever-present and everywhere, including your own kitchen. Not even the most stringent of inspection or consumer protection laws can stamp them out completely and for all time. According to the U. S. Public Health Service, outbreaks of food poisoning were most often traced to food service establishments such as restaurants, with homemakers the second leading source. Commercial food processors were seldom responsible.

Food poisoning is difficult to deal with because it isn't a single illness, but a whole collection of them, some of which are more prevalent and easily contracted than others. Their causes and symptoms vary widely, too, and their effects range from mild and transitory to fatal. Here's what you really should know about the most common types of food poisoning.

Salmonella

Salmonellae, which are bacterial microorganisms, account for thousands of reported cases of food poisoning each year. Many of the common strains fare equally well in the intestinal tracts and on the body surfaces of animals, birds, and humans, and can be transmitted from one to the other, though contaminated foods are the primary carriers of the disease. Salmonellae grow in food most readily at temperatures that fall between 44 and 115 degrees; 140-degree heat destroys them.

Illness occurs after food harboring salmonellae reaches the intestines. How ill a person becomes often depends on how long and how badly contaminated the food was when he ate it. The individual's vulnerability to the bacteria is another fac

Ordinarily, the effects are mild and to clear up of their own accord within days. But infants, the very old, or weakened by another illness, are pa larly susceptible to salmonella—and in great danger when stricken. In cases, a physician's care is mandato all cases, symptoms can be relieved properly prescribed medication.

- *Signs of salmonella:* sudden abdo cramps, severe headache, nausea, v ing, chills, and fever, usually bec apparent within 18 hours after eating taminated food, but possibly occurri soon as seven hours, or as long as 72 after.
- *Foods commonly involved:* eggs food products containing eggs, su eggnog and custard-filled bakery g poultry, processed and pressed meats dercooked frozen meat and meat mix pork, and raw seafood, especially it comes from unsupervised beds.
- *Precautions:* Observe sanitary tices when you handle food; cook thoroughly and reheat them at a te ature of 140 degrees or higher, rather just warming them up; store cooked overs in the freezer or refrigerator as as possible; avoid letting any foods

continued

Drawing: Hellman Design Associates

14 Hints to help you prevent all kinds of food poisoning

1. Do not allow foods that are normally frozen or chilled to stand at room temperature for several hours or more prior to eating. Throw them away.

2. Make food shopping your last chore before going home, especially during the warm weather months.

3. Store foods where pets and insects cannot get at them.

4. Use a thermometer to check the temperature in your refrigerator. The temperature should be 45 degrees or less to store perishables safely for three or four days, and no more than 40 degrees for longer periods.

5. Wash your hands thoroughly after you handle raw foods to lessen the possibility of contaminating cooked or ready-to-eat foods.

6. When working with food, cover any cuts or abrasions you may have on your hands.

7. Thaw raw frozen poultry in the refrigerator or under cold running water, rather than at room temperature.

8. Thoroughly wash utensils, cutting boards, and counters that come in contact with raw poultry.

9. When you cook meat, poultry, or fish in a frozen state, allow at least one and a half times as long for them to cook as you would if they had thawed.

10. Don't taste unbaked pastry mixes or raw food preparations that contain eggs.

11. Choose utensils and serving dishes with smooth, nonporous surfaces. They a the easiest to keep clean and the le likely to develop crevices and hollo for bacteria to lodge in.

12. Be aware that while freezing or r frigeration inhibits the growth of ba teria, it also preserves them, and grow may resume any time conditions b come favorable to them.

13. Don't taste, or let anyone else tas food you suspect is spoiled. If you ha any doubts at all, throw it away.

14. As an added precaution, check o the restaurants your family frequent The condition of the rest room is usu ly a pretty good indication of the clea liness of the kitchen.

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Offer expires June 30, 1975.

25¢ STORE COUPON 25¢

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continued

Food poisoning

at room temperature long enough to become tepid; throw away eggs with cracked or unclean shells unless you expect to use the eggs in a recipe that calls for baking.

Household pets should also be checked carefully, particularly pet turtles. First of all, make sure any animal is healthy before it is brought into the home. The pet's food dish should be stored and washed separately from the family utensils.

Clostridium perfringens

These bacteria can cause an illness even more widespread than salmonella food poisoning. The bacteria's natural habitat is in the intestinal tracts of man and animals, in sewage, and in soil.

C. perfringens are harmless in small numbers, but can lead to discomforting abdominal cramps and diarrhea when permitted to proliferate in, and so contaminate, food. Proliferation takes place most rapidly in the absence of oxygen and in temperatures under 131 and over 45 degrees.

In children and younger adults, the illness is usually mild to moderate and of a single day's duration. It's wise to check with a doctor, as it is when any kind of food poisoning is suspected. Medical care should certainly be sought if the effects are severe, if the illness does not abate within 24 hours, or if it seems to pose a particular threat.

Outbreaks of C. perfringens food poisoning are most often associated with mass-produced foods served in public eating places, but it can occur after eating home-prepared food. Authorities suggest that C. perfringens poisoning in the home is much more common than the few recorded cases would indicate. Many cases are not recognized or reported.

• *Signs of C. perfringens infection:* diarrhea and abdominal pain, occasionally coupled with nausea and vomiting, after an incubation period of four to 22 hours.

• *Foods commonly involved:* meat or poultry, mainly turkey, that has been boiled, stewed, or lightly roasted; also casseroles, salads, pies, sauces, gravies, and dressings.

• *Precautions:* Since the spores produced by C. perfringens are more or less heat-resistant, ordinary cooking temperatures cannot be relied upon to destroy them or prevent their maturing.

To prevent the bacteria fr
vading food in the first
make sure your kitchen i
tary and keep a strict te
ture control on perishable

Staph food poisoning

Staphylococcus aureus "g
are present everywhere b
mainly on the skin and
nose and throat; they abo
infections like boils, carb
and acne.

When the bacteria gr
food, they produce a toxin
when eaten with the foo
tates and inflames the st
and intestines. The illness
violent, but is rarely fat
cept in extreme cases, no
ment is given, and recovery
place within 24 to 48 ho
the length of time it takes
toxin to leave the system.

• *Signs of staph poisoning*
sea and vomiting, follow
diarrhea, prostration, an
dominal cramps, two to
hours after consuming co
nated food.

• *Foods commonly inv*
ham, poultry, processed
salads, sandwich fillings,
fillings and desserts, cu
milk and milk products; th
taminated food has no noti
change in smell, taste, or a
ance so detection is difficu

• *Precautions:* The toxin
duced by staphylococci is
resistant, so take prev
measures when you prepa
handle food. Make sure
hands are well-scrubbed an
utensils are clean. (Can op
cutting boards, and meat gr
are the worst harborers o
teria.) To prevent bacteri
may be present from multip
and consequently pro
toxin, keep hot foods hot
140 degrees) and cold food
(below 45 degrees). Chill le
food as promptly and as
as possible, using shallow
tainers to hasten cooling.

Botulism

This extremely dangerous
quently fatal, but fortu
rare, type of food poisoni
almost always be traced t
that has been preserved in
way. The danger develops
the preservative process f
destroy the Clostridium
num the food contains. T
ganism is harmless but
sealed in an airtight con
such as a can or a jar,
velops spores. These are e
harmless but they produce
sonous toxin as they germ
The botulinum bacteria fo
food come mainly from th
in which the food has g
Botulism constitutes an
gency, and hospitalization
be necessary. The disea

with antitoxins and sup-
respiratory care.
of botulism: vomiting,
tion, double vision, in-
o swallow, speech diffi-
nd labored breathing 18
ours after the intake of
ntaining toxin.
commonly involved:
d or smoked meats and
t mainly home-canned
eans, corn, beets, peas,
and olives.
tions: Process foods for
in a safe and accepted
It takes over six hours of
at 212 degree heat to kill
es. But the toxin is de-
by boiling for ten or 20
depending on the kind
being processed. So as a
caution, before serving
nned vegetables, boil
en minutes and stir.

is

sis is the result of eating
ndercooked pork or bear
t comes from an animal
infested with tiny para-
ms called trichinae. In
n intestines, the worms
to larvae, which travel
odstream to the muscles
ody and become en-
there. The seriousness
tion of trichinosis de-
the number of trichinae
been consumed, and
tim's resistance to them.
ly, the disease is rare.
contagious, nor con-
any indirect manner.
e is any suspicion of
s, seek medical atten-
ediately. In the early
dication can sometimes
ie parent worms in the
but no drug is available
the larvae after they
muscles. If that has
the doctor tries to
the victim's resistance,
ptoms as they arise, and
mplications. Trichino-
ersist as long as several
's rarely fatal, and the
recovery is good.
f trichinosis: gastroin-
sturbances such as nau-
ing, and diarrhea, but
muscular pain, head-
eyes, labored breath-
velling of the face and
of the body, beginning
ne days.
commonly involved:
pork products, includ-
es and some frankfurt-
ear meat.
ons: Cook raw pork
—to at least 170 de-
nal temperature—and
rge, chunky cuts by
em at least 50 minutes
nd. ■
*cooperation with Lil-
an, a noted medical*

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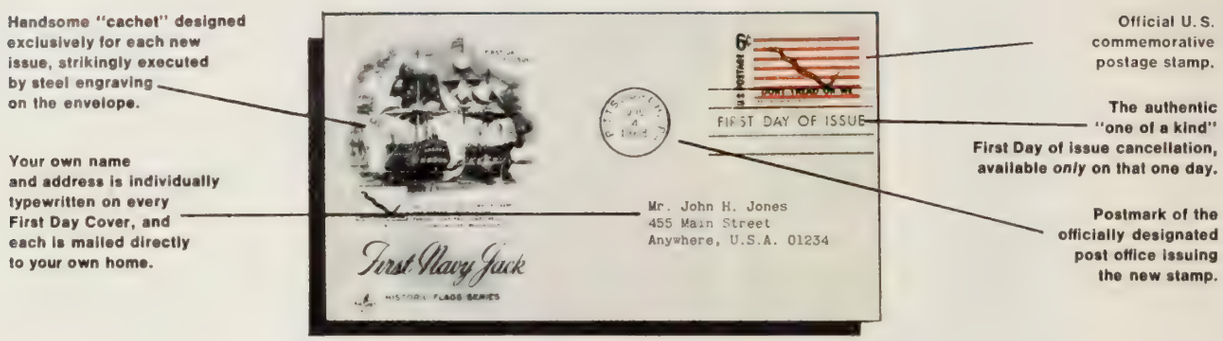
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The United States regularly honors the important men, events and places in its history through the issuance of official U.S. commemorative postage stamps. When a new stamp is to be issued, one, and only one, post office is officially designated to provide . . . on one day only . . . the authentic "First Day" cancellation. The specially designed envelope bearing the new stamp, cancelled on the exact date of issue at the officially designated post office, is a prized First Day Cover.

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f U.S. history. To be treasured now and



t Day Covers combine art and history in a tribute to our erican heritage. Eisenhower . . . The Battle of Bunker . . . the writing of the Star Spangled Banner . . . the ling of astronauts on the moon . . . such are the subjects sen by the United States for commemorative postage ps. Nothing trivial or unimportant or dull is ever sen for national honor.

urther, the post office chosen for a first day of issue lly bears particular significance to the subject com- norated. For example, a first day cover of the Eisen- er stamp was one cancelled at Abilene, Kansas.

he nation's leading artists and designers are called upon ortray the subjects chosen. Such commissions naturally highly prized, and bring forth the best efforts of the ts involved.

mbership in the Postal Commemorative Society makes ossible to easily collect First Day Covers as they are ed. The Society will guarantee your receiving a person- addressed First Day Cover of every U. S. commemora- stamp issue. All details of arranging for your First Covers to be sent to you will be handled by the Society.

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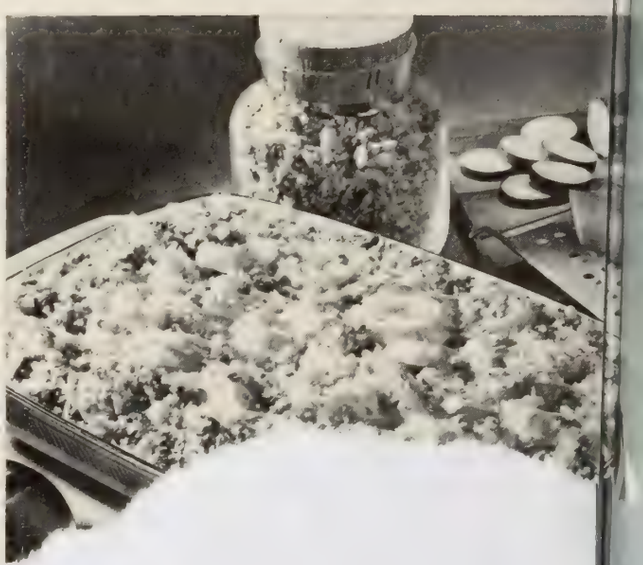
Yankee Noodle Dandies

The no-bake summer cookies.

Melt 1 package (6 oz.) semi-sweet chocolate pieces and 1 package (6 oz.) butterscotch pieces in top of double boiler over hot water. Remove from heat. Quickly stir in 2 cans (3 oz. each) LA CHOY Chow Mein Noodles and ½ cup chopped peanuts (or cashews) until they are evenly coated. Drop by teaspoonfuls onto waxed paper. Chill. Store in refrigerator until ready to serve. Makes 36 cookies.

Summer squash casserole





When William Tumulty of St. Petersburg, Florida, sent us his recipe for Summer Squash Casserole, he wrote, "Even if this recipe is not selected, I'm hoping that someone on your staff will try it . . . I'm certain it will appear at her next dinner party or buffet." When we tried it in our test kitchen, we found out how right he was!

Bill went on to tell us his casserole receives "raves from friends, including a host of people who said they had never cared for squash before." He never tells his guests in advance what the casserole contains and receives his greatest kick when people come back for second and third helpings of the dish.

The truth is, Bill himself once belonged to the anti-squash club. "I created the dish in the first place because my wife was fond of squash and could never get me to eat it. To satisfy both of us, I decided to doctor it up." Now he generally serves it as an accompaniment to roast beef or pot roast.

Bill started cooking in a small way 25 years ago when his wife, Helen, was busy tending their three young children, Dennis, Maureen, and Kevin. During those breadwinning years, Bill—as an executive of a large company in New York—didn't have much time for cooking. However, semi-retirement has renewed his culinary interests. Chicken a la Can Can, Mushroom Scalloped Potatoes, and Hungarian Goulash are among his other specialties created simply by experimentation.

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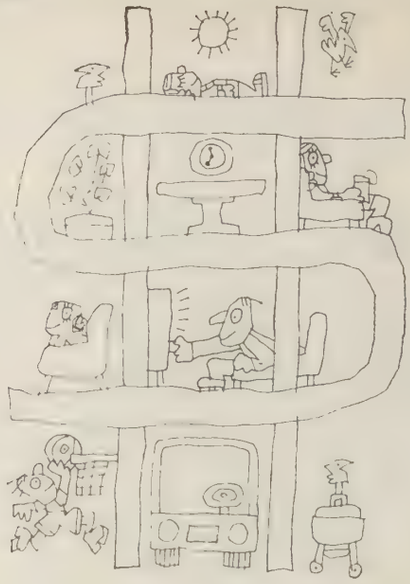
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FAMILY MONEY MANAGEMENT®
Margaret Daly



10 ways to help you get mortgage money today

In several areas of the country, the ups and downs of the economy in the past year or so have made availability of mortgage money uncertain. When money is in short supply, the going rates are high. Often state or federal ceilings prevail, so some lenders are reluctant to lend money at all. If they do make the loan, they may demand a big down payment.

Whatever the current situation in your area, availability of mortgage money can be crucial, whether you are a buyer or a seller. Even if you have run into problems, there may still be some hope. The key is to remember there is a variety of potential lenders with varying policies—savings and loans, mutual savings banks (in some states), mortgage banking companies, and commercial banks. Explore several sources and don't let any of these ten possibilities go untried.

1. *Place your application where you are well known.* Like everybody else, mortgage lenders tend in hard times to remember their old established customers. If you are buying and do not have a close relationship with a bank or savings and loan, perhaps the seller does. If necessary, get him involved, since his lender may give in simply because he is a long-time customer. Also, don't forget that real estate agents usually can suggest lending outlets.

2. *Try the lender holding the seller's present mortgage.* Having already loaned money on the property, this institution can't very well say it doesn't like the house or the location. Also, this lender can make the loan with the least cash outlay. Say you are trying to buy or sell a $40,000 home and get a $30,000 mortgage. The institution that holds the present mortgage on the property with, say, an outstanding balance of $20,000 only has to come up with an additional $10,000.

3. *Apply to the lender that the buyer's mortgage.* Try t proach if you have alread your home and there's stil mortgage to pay off. Chanc your lender won't know th are paying off your mortga til he receives the check. H be happy to allocate these to your new application, home you are buying is same geographical locatior

4. *Try the commercial where your employer doe ness.* A simple word fron employer can do wonders though many commercial don't actively solicit single ly mortgage loans. Another bility: Your employer migh sider an interest-only tem financing for your prosp buyer until the mortgage r returns to normal and the can get a long-term loan.

5. *Offer more security.* overlook your other real corporate bonds or securit your cash-value life insura a way to obtain the seeming

continued

Drawing: Bob Dole

How to avoid bouncing checks

When used properly, a checking account can be a great convenience. You don't have to carry around as much cash, and you have legal receipts to prove payment and to back up tax records. But a bouncing check can be costly and embarrassing. Besides possibly damaging your credit, your mistake costs you a bank charge. How can you avoid this?

• *Keep accurate records.* Enter facts in your register immediately and clearly. Make sure you systematically record deposits and withdrawals ("Tom's paycheck," "the grocery bill," and so forth). Balance your account immediately, and always reconcile your register with the bank's monthly statement. If the account belongs to you alone and if you follow these general practices, you're not likely to run into trouble.

But what if you have a joint account? Both check writers must communicate. You each must know what's going on in the register, what deposits and withdrawals have been made. There are two or three convenient methods of accounting for yourselves:

The safest way to har joint account is not to hav You can *separate available into two accounts.* With e you maintaining a separate ter, you know at all times e how much you can spen two accounts cost twice as as one, and there's two m statements to reconcile.

Another possibility is t *one account and keep a register.* A large desk regi often most convenient, sin easily available to both o The disadvantage of this m is that you have to remem lot. You must remember to

continued on page 19





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your very best chance to buy or sell a home. Generally, mortgages backed by government agencies such as FHA and VA are easily

e major drawback to assumptions is the buyer's lack of the necessary down payment. Say your $40,000 home has a $20,000 mortgage balance. The buyer

ust present you with the),000 difference; if he only has 0,000, the deal may fall igh.

et a second mortgage from eller. Second mortgages are lar and honorable means ag a home today. In the example, the buyer is) short of having the v funds to assume your Should you as a seller a second mortgage so buy your home? The anis yes—if he is credit worthy, e required income (mortge and car payments should not exceed his weekly pay) and character to warrant a $40,000 home. A $10,000 short-term (60 months maximum) loan at today's high interest rates to a creditable b er, with your old home as sec ty, would be quite favorable. course, creating a second m gage deal assumes you do need the full equity in cash fr the sale—say, to purchase a home yourself. Consult a qu fied real estate attorney from very beginning. Also, see "S ond mortgage: Is it a good wa get money?" in *Better Homes Gardens*, March 1974.

8. *Get a second mortgage fro commercial lender.* You prob won't find a second mortg from a bank, and mutual sav banks and savings and loan sociations cannot make them, more and more finance com nies are specializing in seco Depending upon your cash n and cash-flow setup, you c find a satisfactory deal. In f you may be overwhelmed by cordial reception you receive. ter all, these institutions ar business to loan money at a p itable interest rate, and the curity you are offering (y home) is a rapidly appreci parcel of real estate. Some l ers, however, will want to ch you high interest rates, comp ble to those of installment lo Shop around for the best ter

9. *Try for a long-term purch and-sale agreement with an o pancy clause.* This is a no common way of obtaining o pancy on your new home no a rental basis, but under the l umbrella of a purchase-and agreement. The seller is pro ed, and the buyer gets to mov while the lender holds an proved" mortgage applica awaiting paper-passing day. buyer and seller should get v ten confirmation that the le agrees to make a loan eventu

Recently some banks have to tell buyers and sellers that will approve their loan, but won't have the necessary fun complete the sale for 90 day so. In nearly all instances, best to go along with the b and extend the purchase-and agreement for the required t What you do is sign an o pancy clause allowing the b to move in. The seller then ceives the full deposit on property, which in turn shoul enough to work a similar ag ment on his new home. While method of selling a home ha drawback of delaying paper p ing and full release of the se equity, it may be superior to selling at all or to renting an option to buy.

10. *Get personally involved.* day you must if you expe buy or sell a home. A b should present his mortgage plication in person—if pos with his spouse—and sell hi to the lender as a desirable

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page 16

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continued

Bouncing checks

to endorse your check before you're safely in the bank; if you must sign your name earlier, then write before your name, "For deposit only." Also, be aware that you're responsible for checks you receive and then pass on, unless you precede your signature with "no recourse" and this is accepted by the third party.

What if someone makes a check out to you and spells your name wrong? The check is good. Simply endorse with the mispelling, and then re-sign the check correctly.

• *Watch your timing.* When you make a deposit in the bank, to speed things along always use your own deposit slips with your account number on the bottom. Your own slips, generally coded electronically, work fastest of all. If you must use a blank slip, copy your account number from your checkbook on the bottom of the deposit slip. Either way, your account number helps the bank computer process your deposit more quickly.

When you make a deposit directly at the bank, your account is credited with it that same day. When you mail a deposit, the same thing happens, but you must consider the time it takes your deposit to get through the mails. Cash deposits are good immediately but you must wait for checks to clear. Before drawing on in-town checks, it's wise to wait three days. Out-of-town checks take longer to clear, depending on where they come from; the average waiting period is about five or six days.

Time lags can occur in your favor, too. A check cashed by you directly at the teller's window is deducted that same day from your account. But a check you send to an out-of-town store may take as much as a week to get back to your bank to be deducted from your account. Briefly, this is what happens:

You send a check from New York to a firm in, say, Chicago. It takes from one to two days for your check to get there. The Chicago firm deposits your check; this takes about a day. The Chicago bank deposits your check in the Federal Reserve Bank of Chicago; this takes about a day. The Reserve Bank of Chicago sends your check to the Federal Reserve Bank of New York for collection; this takes from one to two days. The Reserve Bank of New York sends the check to your bank for immediate payment, which takes about a day, and the amount of the check is then deducted from your account, which takes about another day. Depending on mails and allowing for the minimum time it takes the Chicago firm to process the check, eight days is probably the most it can take for your check to be deducted from your account. But you can't depend on that long a time. It often takes no more than three days for a check to get back to your bank; if you've written on funds not yet deposited, you may be in trouble.

This time lag won't last, however. With more efficient use of computers, more and more banks will be able to instantly verify whether or not you have sufficient funds available to cover. This means your deposits will clear at once, but it also means you can't figure on lapses when you send checks out or write checks to cash while you are out of town.

• *Make use of automatic loans and bank cards.* Some banks provide automatic loans for customers who overdraw. These can spare you the embarrassment of bouncing a check, and they can be a great convenience. However, most banks charge an interest rate of 12 percent a year, which means that your interest costs can mount rapidly.

Plans vary slightly from bank to bank, but there are two basic approaches. In each case, you are assigned a specific line of credit—say, $500. That means that you can write checks for $500 over the amount you actually have in your checking account without bouncing the check.

With one kind of plan, any overdraft triggers a loan up to the nearest $100. Say you have $300 in the bank and you write a check for $350. The bank will immediately loan you $100 to cover the extra $50. If you had written a check for $425 the bank would have loaned you $200 immediately.

The other type of plan triggers a loan for just the amount that you have overdrawn. In the

continued

"I didn't think I could be impressed by a dishwasher again. I was wrong."

Kevin McCarthy



The incredible new Potscrubber II™ dishwasher.





I was really impressed when I saw GE's Potscrubber dishwasher perform last year.

I didn't think any dishwasher could clean a baked on bean casserole pot.

But I was wrong.

So, this year when GE wanted to show me their new Potscrubber II dishwasher, I didn't think I could be impressed again.

I was wrong again.

The Potscrubber II dishwasher has a new, tough interior that won't chip, rust or peel. Ever. With more room inside than ever before in a Potscrubber dishwasher.

The Potscrubber II dishwasher cleaned everything we threw at it.

From baked on casseroles to the finest china and crystal. With no pre-scrubbing and no rinsing. (Just tip off large and hard scraps.)

And it's super quiet.

Of course, it's still covered by GE's Customer Care... Service Everywhere™ Their pledge that wherever you are, or go, in the continental U.S.A., you'll find a qualified General Electric serviceman nearby.



What did I think of the new Potscrubber II dishwasher?

Incredible.

The Potscrubber II dishwasher.

Another reason why General Electric is America's #1 major appliance value.

GENERAL ELECTRIC

"We men in garbahge think Hefty Trash Bags are tops. Hefty® means strong bags!"



7¢ STORE COUPON 7¢

7¢ OFF

"Mr. Grocer:

This coupon is redeemable for 7¢ plus 3¢ handling charges, provided as follows: It is received on a retail sale of any size Hefty Trash Bag. You mail it to Hefty, P.O. Box 1779, Clinton, Iowa 52732. On request, you must supply invoices proving sufficient stock purchases covering coupons submitted for redemption.

Other use constitutes fraud. Coupon may not be assigned or transferred. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Cash value 1/20¢. Good only in U.S.A. Coupon expires 3/31/75."



7¢ STORE COUPON 7¢

BT1

Mobil Chemical

CONSUMER PLASTICS DEPARTMENT

Macedon, New York 14502

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continued

Bouncing checks

first case ($300 in the bank, and a check for $350) you would have received a loan of $50. In the second case ($300 in the bank, and a check for $425), you would have received a loan of $125.

With both these types of accounts be sure to find out *when* you will be notified of the loan. One bank in New York, for instance, makes loans in increments of $100 and notifies you right away by mail. That means you could pay all the loan off at any time, thus keeping interest costs down. Another bank, however, lends you only the amount you are overdrawn and does not notify you when the loan is triggered. Instead, you learn about it when you receive your monthly statement. That means you've been paying interest all along without being aware of it.

A final tip about automatic loans: When you receive notice of the loan, don't forget to credit it in your checking book records.

• *Avoid these common practices with your checking account*

Don't borrow or lend blank checks. Because of computerization, the number on your check is recorded whether or not it has been crossed out and another account number has been written above or below it.

Don't make out a check to "cash" unless you're at the teller's window. Otherwise make the check out to yourself. This way, if you lose the check or it gets into someone else's hands, the check can't be cashed without your signature.

Don't leave blank or canceled checks around. It's too easy for someone to forge your signature off the canceled checks and transfer it to the blank ones. If your checkbook, blank checks, or canceled checks are lost or stolen, call your bank immediately and have them freeze your account. In most cases your phone call must be followed by a letter or personal appearance at the bank within a certain number of days or hours. Otherwise your account will be reopened.

Don't sign blank checks. It's easy for anyone to write in and cash them for any amount.

Don't cross out mistakes when you write checks. Write a new check. If the bank is confused about the information on the check, they'll bounce it. Also, don't for any reason put staples through checks. A staple or any other metal object will confuse the computer. ■

Do you suffer from painful elimination?

If so, you are not alone. Thousands of people experience pain from dry, hard stools. The reason is often constipation or hemorrhoids. What you need is something that will soften intestinal waste for smooth, comfortable relief.

That's exactly what Serutan does. Serutan is a softening laxative that helps to relieve painful elimination. It forms a smooth, mild gel that supplies moisture and bulk to bring effective relief without strain or griping.

Serutan is the same formula as the laxative prescribed by many doctors to give their patients the relief they want with real comfort.

Do you suffer from painful elimination? Get gentle, effective Serutan today.

BONUS OFFER

At no extra cost, 1/3 more Fruit Flavored Serutan in beautiful reusable Apothecary Jar. At your store now.



Choosing a cooking scho

If you think food is as fasci as we do, if you eat up inf tion on its history and soci velopment, and if you wa add a little more pizzazz to comes out of your kitchen. be it's time to consider j a cooking school or class. cities offer a tempting va Here are some tips on h find a school that suits you.

Decide how much yo willing to spend. There is a dollar difference between c taught by an individual, fa or not so famous, in a p school and the cost of a adult education class. Larg partment stores also offer co schools from time to time cost will often depend on w er the store is featuring a cel as a special promotion or wh they are providing the s simply as a customer service YWCA, your state unive extension service, and wo clubs plus your local utility pany may periodically offe cial cooking programs or cl And don't forget that foreig bassies often offer program classes on their native cuisi a public relations project. for these is usually minima

When you call to inquire courses, don't hesitate to as specifics about the curric and the cost. Sometimes th a fee plus tuition to cove cost of books and food. The gram director or the te should be able to tell yo cooking techniques which w taught, and the cuisines or which will be prepared. Do an unfamiliar cooking tech discourage you from signi if you're interested. Reme there will be a teacher on to answer your questions.

Be sure to ask about the od of teaching to be used. schools use the demonstr method and others let the dents get right into the co act while the instructor s vises and teaches a bit mo formally around the classr

In any cooking school most important ingredient teacher. Her (his) culina perience and expertise, and t ing ability are important. equally important is the tea personality and how you re to it. If possible, arrange t serve one of her classes b registering. Don't feel obli to enroll if the class or the te is not what you want. In cho a cooking school, it's eve to his own taste.

Fantastik® introduces an easier way to spray.

And clean.



The new Fantastik Easy Sprayer™ ends awkward, tiresome pumping. Now just an easy squeeze and a quick wipe is all it takes to get just about anything really clean. And it adjusts from pinpoint to wide spray for total convenience.



Adjust a pinpoint spray for tight places.

No other spray cleaner has anything like it. Yet the new Fantastik Easy Sprayer™ doesn't cost a penny more. It makes Fantastik the easiest, quickest, most convenient way to spray things clean. It makes Fantastik the only way to spray.



Adjust a wide-angle spray for large areas.

It's the only way to spray.

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Good Food and Good Food Ideas from the helping hands of K

A FUNNER SUMMER.

Here's to a funner summer—good times, good friends, good food. Here's to Kraft, who always helps.

Fruit Fantasy Pizza

- 1 18-*ounce package Pillsbury Refrigerated Sugar Slice 'n Bake Cookies*
- 1 8-*ounce package Philadelphia Brand Cream Cheese*
- ⅓ *cup sugar*
- ½ *teaspoon vanilla*
- *Orange sections*
- *Green Grapes, halved*
- *Banana slices*
- *Strawberries, halved*
- ¼ *cup Kraft Pure Orange Marmalade*
- 1 *tablespoon water*

Heat oven to 375°. Cut cookie dough into slices ⅛-inch thick. Line 14-inch pizza pan with cookie slices, overlapping slightly. Bake at 375°, 12 minutes. Cool. Combine softened cream cheese, sugar and vanilla, mixing until well blended. Spread mixture over cookie crust. Arrange fruit over cream cheese layer. Glaze with combined marmalade and water. Chill. Cut in wedges to serve. 10 to 12 servings.

Cheese Tray

Make your own sandwiches from this elegant cheese tray. Offer a selection of Kraft Natural Cheese Slices, such as Swiss, Brick, Muenster and Cheddar. Arrange them with cold cuts such as ham, salami and bologna.

Emerald Isle Mold

- 1 3-*ounce package lime flavored gelatin*
- 1 *cup boiling water*
- ¾ *cup cold water*
- 1 8-*ounce package Philadelphia Brand Cream Cheese*
- 1 3-*ounce package lime flavored gelatin*
- 1 *cup boiling water*
- 1 *cup ginger ale*
- 1 *cup Kraft Chilled Unsweetened Grapefruit Sections, halved*
- 1 *cup diced apples*
- ¼ *cup chopped walnuts*

Dissolve gelatin in boiling water; add cold water. Gradually add to softened cream cheese, mixing until well blended. Pour into 1½-quart mold; chill until firm. Dissolve gelatin in boiling water; add ginger ale. Chill until slightly thickened; fold in fruit and nuts. Pour over molded gelatin layer; chill until firm. Unmold. 6 to 8 servings.

Snack Tray

Here's an assortment of quick and tasty snacks, ready in minutes: Cracker Barrel sharp cheddar cheese spread, crackers and raw vegetables; celery stuffed with several flavors of Squeez-A-Snak process cheese spread; Jubilee Eggs.

Jubilee Eggs

- 1 *dozen hard-cooked eggs*
- 1 5-*ounce jar Kraft Pimento Pasteurized Neufchatel Cheese Spread*
- 2 *tablespoons Kraft Real Mayonnaise*
- 2 *tablespoons chopped green pepper*
- ½ *teaspoon salt*

Cut eggs in half lengthwise. Mash yolks; blend with cheese spread and mayonnaise. Add green pepper and salt. Refill egg whites. 24 egg halves.

Potato Salad Parmigiana

- ¾ *cup celery slices*
- ½ *cup chopped green pepper*
- ⅓ *cup chopped onion*
- ⅔ *cup Kraft Italian Dressing*
- 6 *cups cooked potatoes, sliced*
- 4 *hard-cooked eggs, chopped*
- 6 *slices crisply cooked bacon, crumbled*
- ¾ *cup (3 ozs.) Kraft Grated Parmesan Cheese*

Cook celery, green pepper and onion in dressing 5 minutes. Add potatoes, eggs, bacon and cheese; mix lightly. Heat, stirring occasionally. Top with additional cheese, if desired. 6 to 8 servings.

Fiesta Bean Salad

- 2 *cups (16-oz. can) kidney beans, drained*
- ½ *pound Velveeta Pasteurized Process Cheese Spread, cut in strips*
- 3 *hard-cooked eggs, sliced*
- 1 *cup sliced celery*
- ½ *cup onion rings*
- ½ *cup Kraft Thousand Island Dressing*
- 1 *teaspoon salt*
- *Dash of pepper*

Combine all ingredients; toss lightly. Chill. 6 to 8 servings.

KRAFT Division of **Kraftco Corporation**





Because fun and easy food ideas are helpful in any season, Kraft has gathered a bookful of favorite recipes in "The Complete Cheese Cookbook." For your copy, *please print* your name and address with *zip code* and send $1.00 in cash, check or money order (no stamps please) to:

KRAFT CHEESE COOKBOOK OFFER
P.O. Box 9300 (Dept. FS)
Chicago, Illinois 60677

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Please allow 4 weeks for delivery. Offer valid in U.S.A. only. Void where prohibited, licensed or otherwise restricted



Clorox. For a floor fit to live on.

Just add ¾ cup Clorox® liquid bleach to each gallon of suds and clean as usual. Clorox not only removes stains, it kills germs regular floor cleaners can't. (Don't use chlorine bleach on cork or with ammonia-based cleaners.)

Fridge freshener!

Fast finish for germs and odors. Simply wash inside surfaces with solution of 3 tbsp. Clorox to quart of suds. Rinse, let dry.



Clorox. It does more than the wash.

©1974 The Clorox Company.

By Jessie Walker

JUNKING MADE EASY

Not long ago a suburban Chicago junk dealer bought 39 obsolete parking meters. He knew from his years in business that he could sell them eventually, but little did he dream that meters were such hot items that all 39 would be snapped up in two weeks. Nearly every buyer saw them as pop art.

That's just one example of the junking boom. Today's eclectic approach to home furnishing has given the green light to bargain and nostalgia hunting. And the economic squeeze has turned the search into a near stampede.

If you are a junking novice, here are some tips to help you seek and find collectibles.

Flea markets

The best introduction to junking is a Sunday afternoon spent poking about the amazing kaleidoscope of items displayed on open tables at a flea market. If you don't have an experienced friend or neighbor to guide you, check your newspaper marketplace classifieds for locations of flea markets in your vicinity. Hundreds are held at county fairs throughout the country all year.

It's best to wander up and down the aisles without a preconceived notion of what you want to buy. All you need is some general idea of your needs like breakfast room chairs or kitchen wall accessories.

When you stay loose, a collection will find *you*. For some inexplicable reason you will be drawn to old jelly glasses with their astonishing variety of designs, or glass milk bottles with marvelous shapes and dairy names painted on their sides in fancy scripts, or outdated kitchen implements, or ornate brass doorknobs. You might want to collect old postcards, magazines, insulators, toy trains, or Coca Cola trays. After all, collections are the most personal of all accessories—and there are no rules to dictate what you collect.

With a little experience you will become familiar with prices. Don't hesitate to haggle over the asking price; bargaining with the seller is part of the fun. And don't buy the story that all dealers nowadays are so sophisticated and knowledgeable that [illegible] are no more bargains to [illegible] You can buy a mint gre[illegible] Mason jar for $6 and lat[illegible] that another dealer will [illegible] identical jar for $1.50.

To become a canny bu[illegible] junk and collectibles, pick [illegible] of the many specialized [illegible] books on sale at flea m[illegible] You might choose "1000 [illegible] Jars Priced and Illustrate[illegible] Bill Schroeder; "Barbed [illegible] Handbook and Price Guid[illegible] T. E. Turner; "A Fortune [illegible] Junk Pile," by Dorothy H[illegible] kins; or "A Collector's Bo[illegible] Toothpick Holders," by Fl[illegible] Mighell.

Auctions

A country auction is a great place to acquire phe[illegible] nal junk and have a wo[illegible] time, but it takes know-h[illegible] buy wisely. Examine item[illegible] fully before the sale. Oth[illegible] you might bid on a table [illegible] find that it won't close, o[illegible] nostalgic toy truck wth on[illegible] missing.

Don't overlook those [illegible] open boxes that go for $2[illegible] They could well contain [illegible] small-scale items to enlive[illegible] collection. In that odd-l[illegible] filled mostly with co[illegible] drinking glasses, you mig[illegible] a few etched goblets, or a[illegible] old cream-and-sugar set, [illegible] glass salt-and-pepper s[illegible] with sterling silver tops. A[illegible] box heaped with a chippe[illegible] cellany of china might hol[illegible] Bavarian china dessert pl[illegible] perfect condition. The wi[illegible] this box could be a Bellee[illegible] tle with a silver design pai[illegible] its surface—worth about[illegible] You can keep what you[illegible] from your odd-lot box an[illegible] the rest away.

Use your notebook to jo[illegible] prices you are willing to [illegible] and stick to your predete[illegible] prices. Don't let your em[illegible] carry you away once the b[illegible] starts. You can afford t[illegible] more for an item than mos[illegible] ers because they have t[illegible] around and resell what the[illegible] But take into account the c[illegible] costs on furniture that

continued on page 42



HE NIBBLER vs. THE GOBBLER

They agree on many things. But not on how to eat Chuck Wagon® Nibblers take their time to get through dinner. One bite now, a couple of bites later. They like Chuck Wagon dry. That way, all the flavor stays fresh and appetizing all day. And it's completely nutritious . . . nibble after nibble.

Gobblers, on the other hand, don't like to waste time. They get through dinner fast! They like Chuck Wagon wet. Warm water turns Chuck Wagon into tender, juicy chunks and crunchy nuggets, covered with rich, tasty broth. At the peak of flavor and aroma. Gobblers can enjoy it immediately. Whether your dog is a Nibbler or a Gobbler, give him what he likes and needs with Chuck Wagon. It's the one kind of food for both kinds of dogs.



Original or Chunky Chicken . . .
The One Kind of Food
For Both Kinds of Dogs.

For your pet's health . . .
See your veterinarian annually.

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SMALL HOME IMPROVEMENT PROJECTS THAT MAKE A BIG DIFFERENCE

"Home improvement" doesn't have to mean grandiose additions and lavish remodelings that cost an arm or a leg. In fact, the most successful projects are those that make the greatest improvement for the least outlay.

Here are five such remodelings, varying in cost and complexity. In each case, the family considers they got a lot for their money.



By Stephen Mead

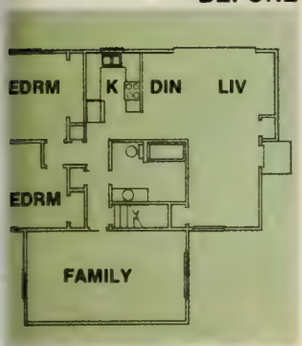
The dining area in this 1950 builder's contemporary was practically nonexistent, most of the living room served as a traffic corridor, and neither area was conducive to conversation. One solution would have been to add another room or two, but the homeowners felt they could get what they wanted with less effort and ou by "bumping out" the living area fo feet and nudging the kitchen six fee toward the other end of the house.

But this meant the family had to

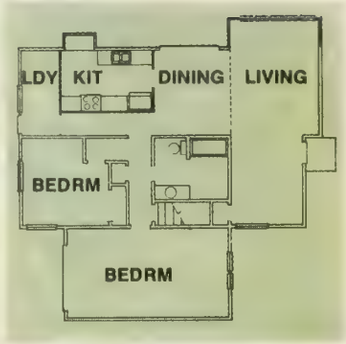
NSCRAMBLE
) BUMP OUT



BEFORE



AFTER





information, page 104

Photographs: Mike Dreter. Designer: Stephen Mead

e two trades: (1) the back bedroom new laundry room and a big nk of the kitchen, and (2) the family n for a new bedroom (see plans). se decisions weren't easy, but the ly had always preferred the living/ ng/kitchen area to the family room for entertaining guests, reading, and relaxing with stereo and TV.

The kitchen, formerly open to the living zone, is now less conspicuous (photo opposite page), and the expanded dining area is roomier and more comfortable. Note how contrasting ceiling heights subtly separate dining and living areas.

Under the existing overhang the new living room bump-out (top photo) nestles neatly, as if it had always been there. New sliding glass doors open off that dining area onto a new deck.

Inside (bottom photo), the furniture now sits well out of the flow of traffic.

CLOSE IN AND FINISH OFF



PROJECTS THAT MAKE A BIG DIFFERENCE



All this house lacked was a dining area. And the ideal location for one was right where the porch sat—on the corner that links the kitchen with the living room. Since the porch was seldom used, the family didn't hesitate to put the space to better use.

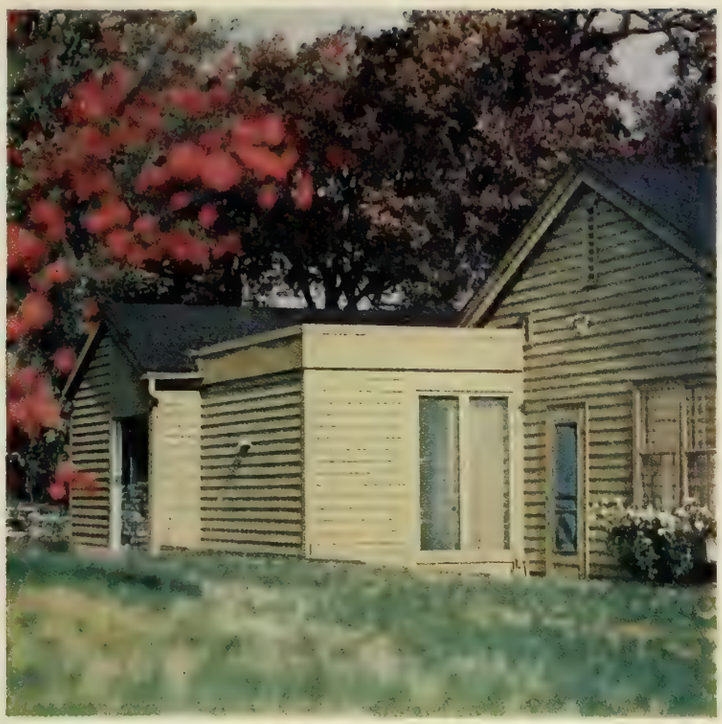
The first order of business was to extend the porch four feet, bringing it flush with the main structure and giving it a respectable 9x14 size. A block foundation was laid to support the new walls—one of wood siding to match the existing planking, the other a wall of glass. A simple roof extension completed the closing process.

The homeowners wanted the dining area open to the kitchen, so they removed the wall separating them. (Bottom photo shows view of the new area as seen from the kitchen.)

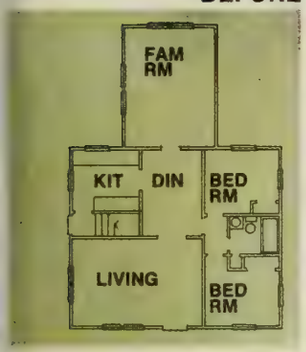
One of the real "musts" for the new dining room was a long window wall to brighten the space and provide a natural growing area for a pri collection of plants. Four fixed sections of glass and one operabl window unit do the job, supplying abundant sunlight for the greene (The plants on the floor rest in a tw foot-wide channel of sheet metal t camouflaged with decorative roc and framed by redwood 2x6s.)

To funnel sunlight into the livin room, the homeowners reduced t old partition to a half-wall.

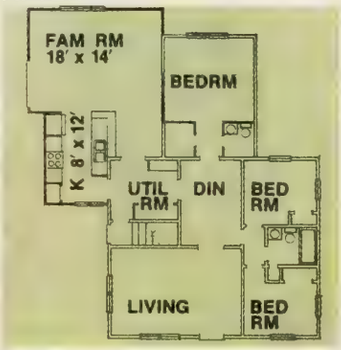
ADD AND CONVERT



BEFORE



AFTER





Buying information, page 104

ne list of changes this family ted to make was so long that they dered whether it wouldn't be er to sell and look elsewhere. But uild-or-buy debate was brief. interest rate on their mortgage a comfortable 5½ percent, and ost of refinancing would be tantially higher. Moreover, they reluctant to leave their quiet le-sac and their neighbors. ey decided to stay put and make their own house measure up. The most pressing need was a third bedroom, so each of two daughters could have her own retreat. Next in priority were the expansion of the tiny one-person kitchen and the development of an informal eating counter.

The floor plans (above) show how these changes were accomplished. The family room was converted to the parents' bedroom/bath, freeing the other bedrooms and bath for the girls. A new family room and kitchen were added onto one corner at the back, and the old kitchen became a utility room.

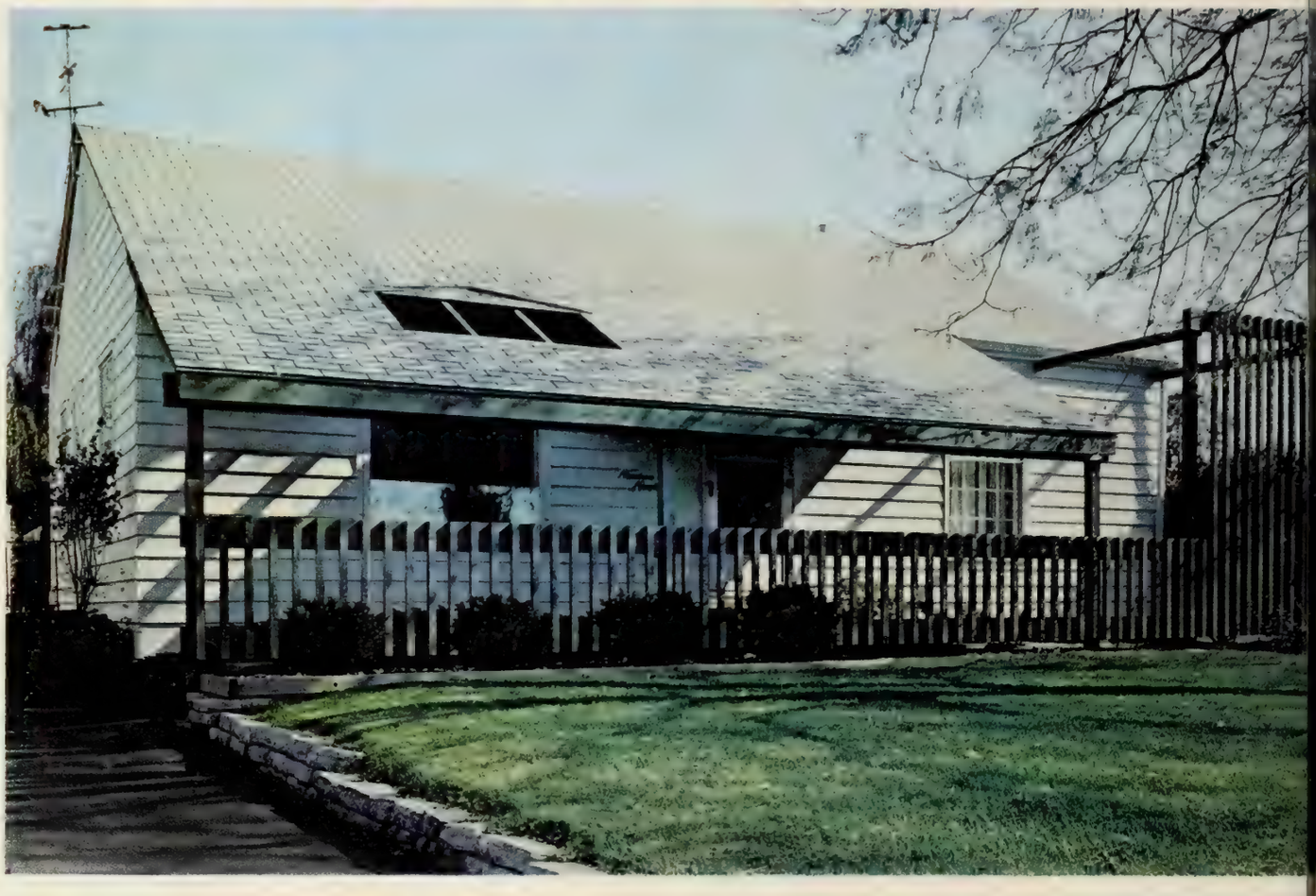
The flat roof of the kitchen addition (top photo) makes an attractive, low-profile transition between the family room addition and the main structure.

Kitchen and family room (bottom photo) form a wide-open area. The wraparound counter, scene of most meals, is within arm's reach of the food preparation area.

EXTEND AND FACE-LIFT



PROJECTS THAT MAKE A BIG DIFFERENCE



Two things bothered the owners of this tract house: constant exposure to the hot afternoon sun, and the boxy look that their house shared with countless others of the same vintage. Determined not to move, the family began searching for design ideas that would eliminate both problems.

The simple front face-lift they chose does the job. An eight-foot roof extension, backbone of the entire project, not only gives the front roof lower, more graceful lines, but also shades the living room wall from direct sunlight. Nestled underneath is a 4x16-foot entry deck, barely visible from the street but providing an attractive welcome for visitors.

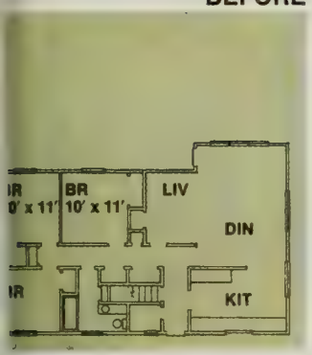
The homeowners chose low-maintenance cedar lumber for everything but the roof sheathing. The 2x6 rafters that extend the roof rest on a 2x8 header board, supported by three 4x4-inch posts embedded in concrete piers. Cut into the extens is an opening to filter just enough- but not too much—sunlight into th living room window. Note the meta rain diverter on the roof to prevent mini-waterfalls at the cutout.

A formation of ten-foot 2x2s at t right provides architectural balan for the roof extension, screens sor the sunlight playing on the front bedroom wall, and eventually will support climbing shrubbery.

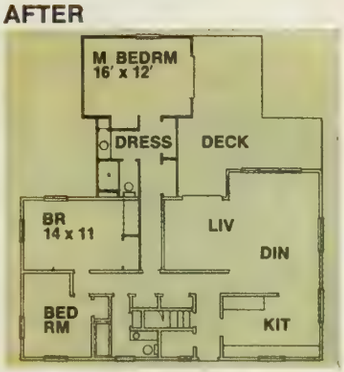
ADD AND REMODEL



BEFORE



AFTER





Buying information, page 104

his three-bedroom prefab needed atch up with the family living in it. two daughters, now in their late s, wanted larger bedrooms and e study/storage space; Mom and yearned for a larger, more private ter bedroom; and all four agreed another bathroom rated top rity. But when they looked at other ses and other neighborhoods, e seemed to offer what theirs did—emodeling was workable.

The solution they chose (see plans) was to slice three feet off one of their two back bedrooms to form a central corridor, then add a master bedroom/bath/dressing area off the rear of the house. The remaining chunk of the cut-up bedroom—a 6x10-foot area—was added to the adjoining bedroom to solve the space problems for one of the girls. The other daughter's room grew by annexing the linen closet and her sister's wardrobe closet.

Flanking the hallway leading into the addition are a full bath and dressing area on the left and his 'n her closets on the right.

Outside (bottom photo), the addition ties neatly into the rest of the house, forming a natural nook for an L-shaped deck. Two new sets of sliding glass doors—one leading from the living room, the other from the addition—give the family a new appreciation of outdoor living.

Photographs: Be



SEWING SPECIAL:

EXCLUSIVE BACK-TO-SCHOOL OUTFITS







The first day of school is just around the corner, so it's time to start stitching some fall outfits for your girls. To inspire you, here are two brand-new patterns, designed exclusively for Better Homes and Gardens readers by Burda Patterns of Germany.

Our casual pants suit, shown in two versions above right, comes with its own tailored blouse pattern and features snappy top-stitching accents. The jacketed version has a double row of machine top-stitching around collar, short cuffed sleeves, and curved pockets. The hip-length, collarless weskit sports charming epaulets and roomy patch pockets, both highlighted with crosshatch top-stitching in contrasting thread. Pattern #01296, available in sizes 6, 8, and 10.

Pattern #01293, shown in several versions (opposite page) includes the perfect school dress, with bias front panel, s tie, and contrasting inset collar. A sho version of the dress makes a deligh smock top for slacks (slacks pattern cluded), and can be worn with or with detachable collar. Pattern #01293 is a able in sizes 4, 6, and 8.

To order patterns, fill out the coupo right. First, measure your child caref and compare results with our chart.













MEASUREMENT CHART

	4	6	8	10
	23	25½	21	28½
	21	22	23½	24½
	24	26	28	30
waist length	9½	10½	12	12¾
	40	45	49½	54½

Send order to: Better Homes and Gardens
Dept. 2H1, P.O. Box 374
Des Moines, Iowa 50336

Special offer: Any two patterns for $2.50, any three for $3.45, any four for $4.25.

Pattern 01293 — **Slacks, Dress, Smock**

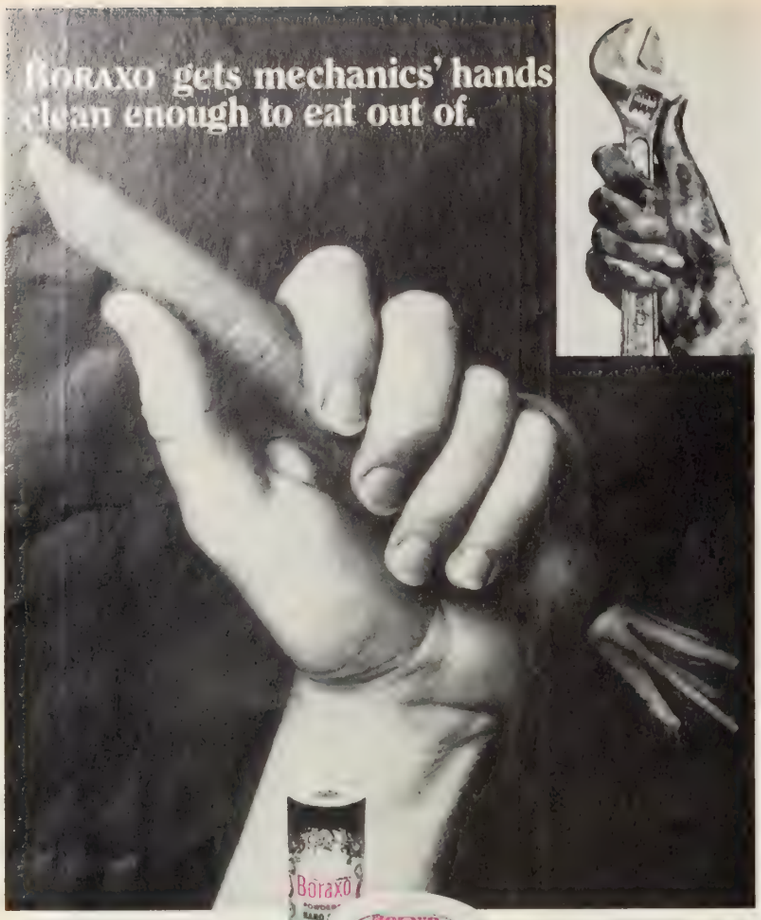
- ☐ Size 4 — Each $1.50
- ☐ Size 6 — Each $1.50
- ☐ Size 8 — Each $1.50

Pattern 01296 — **Girls Slacks Set**

- ☐ Size 6 — Each $1.50
- ☐ Size 8 — Each $1.50
- ☐ Size 10 — Each $1.50

Postage and handling: for one to three patterns, add 25 cents, for four or more patterns, add 50 cents.

Name _____
Address _____
City _____ **State** _____ **Zip** _____



* Cleans hands better than bar soap.
* Removes odors.
* No need for messy soap dishes.

* Economical.
* Boraxo® Creme cleans hands without water.

WHEN IT'S 3:10 IN THE AFTERNOON BUT YOU FEEL LIKE IT'S 10:30 AT NIGHT...

There you are. It's the middle of a beautiful afternoon. But you feel as though the day is dragging. It's one of those days when you just can't seem to get anything done. What you need is something to pick you up.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...because the best part of the day is still ahead of you.



GOOD NEWS







This powerful yard-cleanup machine can reduce grass clipping and other lawn debris to 1/30 of their bulk in seconds. L means fewer bags for the trash collectors to haul away. B important, the well-chewed organic matter discharged from chine makes perfect mulch for moisture and weed contro plantings, and decomposes in a compost heap to form a nutr additive for your soil.

Leaves and grass clippings can be fed directly into the h raked into the guide extension. If you have a lot of twigs t of, remove the hopper and feed them directly into the guide e

Branches from one-half inch to three inches in diameter s fed into the upper guide extension. The powerful five-ho Tecumseh engine will reduce them to a fine, fibrous mulch.

A few words of caution: Any machine capable of shreddi inch-thick branches is capable of doing terrible things to fin hands. To avoid accidents, observe two simple rules: Alwa hands out of the openings, and whenever the machine is not ation, disconnect the spark plug wire.

White Shred Boss, $192.00 at White Outdoor Product White Outdoor Products, 2625 Butterfield Road, Oak Br 60521.

GOOD NEWS



p vacuum is essential if you really want to keep your workshop tility areas clean. There's usually one minor drawback, though. the clutter is cleaned up, the vacuum is just one more piece of ment to stumble over. Not this vacuum cleaner; it moves to a racket, where it's up and out of your way. And the unit handles nd dry jobs. It picks up water from stopped up sinks or suds the laundry room floor as easily as it sucks up sawdust in your hop.

uxe Wet & Dry Hang-Up Vac with accessories, $89.95. Shop-Corporation, 2323 Reach Rd., Williamsport, Pa. 17701.



ust change filters at regular intervals if your heating and central nditioning system is going to operate most efficiently. But face easy to forget to change filters—and some homes require it more ntly than others. This inexpensive little device won't let you and can be adjusted to suit your own air filtration needs. Here's use it.

unt the unit on the front of your furnace following the manu-er's instructions. The only tools you'll need are an electric nd a screwdriver. Flip the reset knob to raise the "clogged flag. Then cover ⅔ of the surface of a new filter with paper, the filter, and turn on the furnace blower. Using your screw-turn the adjusting screw counterclockwise until the flag drops. ve the paper from the filter, reset the indicator and resume l furnace operation. When the furnace filter is clogged with e flag will drop.

eywell Clogged Filter Indicator, about $5.50. Honeywell , Minneapolis, Minn. 55408.

ued

Shell Can Care.™ To help keep outdoor entertaining entertaining.



In the middle of today's barbecue, is there any good reason to remember yesterday's garbage? Here's two. Flies and smells.

Shell Can Care™ lets you forget about all that. It has a deodorant to mask odors. A proven insecticide to kill flies, gnats, roaches, and ants. And lasts up to three full months.

Shell Can Care. A perfect way to get rid of those uninvited guests.



Shell Can Care.
Controls bugs and odors in your garbage can.

Use as directed on label.

The Bassett® Plan.

It won't break you.

It's your first house. You've got a lot to do. And you want to get moving.

Well, we can help. With furniture at prices you can afford to live with.

In this living room, the sofa and two chairs sell for under $660. The dresser, mirror, chest and headboard go for under $555. The Daydreamer lounge chair? Less than $150. In fact, the retail value of the whole houseful is less than $5,000. Or, about the same as the new car in the driveway.

We have over 6000 beautifully crafted pieces you can easily afford to live with for years. Because we protect most of our fine finishes with Du Pont Dulux®. And upholstered pieces with Du Pont Zepel® soil/stain repeller.

If you're planning to make a move, try the Bassett Plan. Bassett lets you show your style, now.

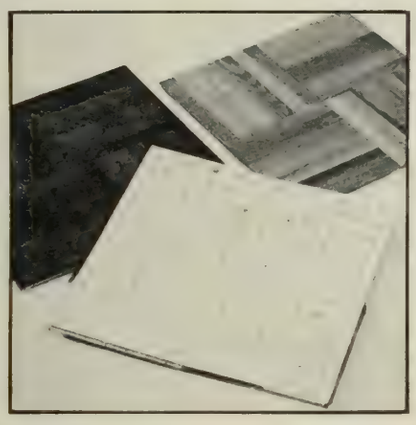
For a 40 page furniture/decorating IDEA BOOK, send 50¢ to: Bassett, Dept. C 84, Bassett, Va. 24055.

Win this house full of furniture or, the 1974 Mustang II Ghia in the Bassett National Sweepstakes. Enter at your nearest participating Bassett dealer. Anyone can win. Nothing to buy.



GOOD NEWS

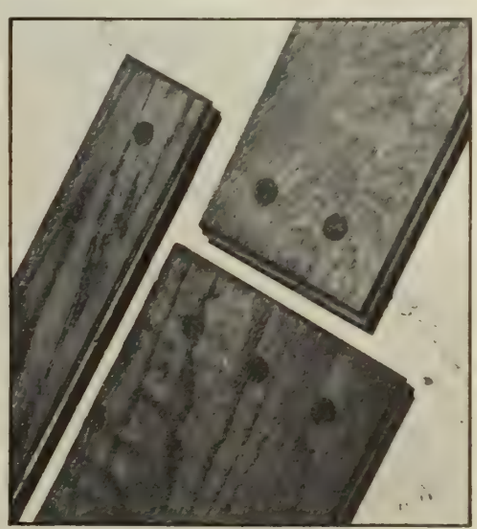
ntil recently genuine hardwood floors were verboten for basement deling projects. The reason? It's next to impossible to apply con- onal wood flooring material over concrete without an elaborate expensive substructure. Now there are two new systems designed fically to put wood between your feet and concrete.



ou prefer parquet floors, here's a system that's simple to apply. 12-inch square has 144 adhesive beads on the back. Just peel protective paper and press the wood tile in place. All edges are e and groove, so your finished floor looks as though it's made up -inch parquets. The factory applied urethane finish helps keep upkeep.

at's really unique about this parquet flooring is the ⅛-inch-thick of foam between the wood and the hard concrete beneath. This insulates against moisture penetration from the subfloor and oak flooring never-before resilience and warmth, as well as control.

tco Wood Foam-Tile with Par-K-Stik backing, about 75c per foot. Tibbals Flooring Company, Oneida, Tenn. 37841.



entional oak planks are your choice, here's an entirely different . Packaged in widths of three, five, and seven inches, the ran- ngth planks are glued directly to the concrete with a special e.

plank is actually ⅜-inch-thick hardwood veneer. A cross- core makes the planks highly stable and cuts expansion and tion. Tongue-and-groove side and end simplify installation. nks are available with or without genuine walnut plugs.

e Village Plank Floors, under $2 per square foot. E. L. Bruce ., Box 397, Memphis, Tenn. 38101.

Shell Can Care.™ Because scrubbing is not enough.



Saturday afternoon you scoured the garbage can. Then you ruined it by throwing garbage in it. Same smells. Same bugs. Same problems.

Shell Can Care™ can solve those problems. It has a deodorant to mask odors. A proven insecticide to kill flies, gnats, roaches, and ants. And lasts up to three full months.

Shell Can Care. You'll still scrub on Saturday. But Sunday will be a lot nicer.



Shell Can Care. Controls bugs and odors in your garbage can.

Use as directed on label.

A short sweet dessert for the long hot summer.

It's a pie for a hot July.
A Glazed Fresh Strawberry Pie that needs no baking, no hot oven. A saucepan makes it easy . . . and Argo Corn Starch makes it shine.

Glazed Fresh Strawberry Pie

1 baked 9-inch pastry shell
3 pints strawberries, washed and hulled
1 cup sugar
3½ tablespoons **Argo Corn Starch**
½ cup water
Few drops red food coloring
Whipped cream

Mash 1 pint strawberries. Mix sugar and corn starch in 3-quart saucepan. Stir in water and mashed berries. Cook over medium heat, stirring constantly, until mixture comes to boil and boils 2 minutes. Remove from heat. Stir in food coloring. Cool. Fold remaining 2 pints berries into cooled mixture. Pile into pastry shell. Chill. Serve with whipped cream. Makes 1 (9-inch) pie.



For other free Argo Corn Starch recipes, write Dept. 11, Box 307, Coventry, Conn. 06238.

Argo Corn Starch makes it shine.

CPC



Win money for your recipes

Fruit Breads—Start with Sauce Mix

What tasty secret goes into your best homemade fruit br
We're also wondering what delicious results you get when
start with a sauce mix. Send your recipe today for either or
categories and you could be a prizewinner next March.
Cooks-of-the-Month receive $50 each. Four Runners-up re
$25 each and 12 Honor Roll winners get $10 each. The sele
winning recipes will be pictured on the Prize Tested Recipes p
next March. All 18 winners receive a framed Better Homes
Gardens Certificate of Endorsement and six copies of the
dorsed recipe.

Hints to Help You

Fruit breads can range from glazed loaves to braided rings, just so they're chock-full of luscious fruit flavor. Do you use nuts, honey, or spices as an accent? Maybe you puree a favorite fruit to use as the recipe's liquid ingredient. Pointers:

fig-jam twists
oatmeal apricot bread
orange-banana loaf
applesauce-raisin buns
double berry braids

Start with sauce mix. Maybe
heat canned spaghetti sauce
dip for tiny meatballs. Or d
poach eggs in your own co
tion that features a dry c
sauce mix? Do you stir a
sauce mix into a canned
soup? Suggestions:

hot taco bean dip
quick curry tuna salad
macaroni and sour cream
pizza puffs
sassy chicken patties

THIS MONTH'S WINNERS

(See recipes on pages 81 and 82.)

Cooks-of-the-Month

Mrs. Alexander P. DeSantis, Bethlehem, Pa.
Mrs. Olga Echart, San Antonio, Texas

Runners-up

Mrs. Allen C. Davis, Sr., Smyrna, Ga.
Mrs. Kenneth Mulder, Cadillac, Mich.
Mrs. J. E. Strang, China Lake, Calif.
Mrs. William Strieber, Crofton, Md.

Honor Roll

Mrs. Ralph Berger, Basking Ridge, N.J.
Mrs. Irene Braman, Dansville, Mich.
Mrs. H. C. Frank, Johnstown, Pa.
Mrs. Jane Gold, Stamford, Conn.
Mrs. LeRoy E. Johnson, St. Paul, Minn.
Mrs. Kay Nelson, Atlanta, Ga.
Mrs. B. T. Osborn, Abilene, Texas
Mrs. Mary Ourada, Buffalo, Minn.
Mrs. Richard Philabaum, Phoenix, Ariz.
S. W. Schardein, Louisville, Ky.
Mrs. Georgie Speers, Huntsville, Ala.
Carol Treece, Capac, Mich.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and ma "March Fruit Breads" or "March Start with Sauce Mix." If you send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you subm**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, August 31. In cases w duplicate recipes are submitted, the one with the earliest post will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7408 Test Kitchen, Better Ho and Gardens, Des Moines, Iowa 50336.**

Top Choice® Burger on the left. Hamburger on the right.
r is it hamburger on the left and Top Choice on the right?



ines® Top Choice® Burger
gs looks so much like ham-
it's hard to tell the difference.
made with beef by-products
l beef, so it's moist and meaty.
even holds together like real
ger.
t it's better for your dog.
100% Complete and Balanced Nutrition.
cause it also has vitamins,
s and protein for the 100%
te and balanced nutrition
ger doesn't have.

Top Choice for your dog? Or hamburger? We think the choice is simple.

Oh, and to clear up the confusion, it's Top Choice on the left.



Top Choice. For dogs who love hamburger. It's better for them.

GF
GENERAL FOODS

begins on page 26

Junking made easy

bulky for you to haul. Unless you can strip, restore, and refinish that well-seasoned chest yourself, consider the cost of having this work done professionally.

Garage, rummage, and house sales

Include garage, charity rummage, and conducted house sales on your junking itinerary. And check the fascinating miscellany of items advertised in newspaper classifieds. You may find some delightful surprises.

If you like an item, and the price is right, buy it, by all means. You may never see another one just like it. One young couple fell in love with an old porch swing and now it's the major seating piece in their living room. Another couple delight in an Art Deco toaster of the 1920s that was purchased at a garage sale for $3. Its shape is nicely outlined in a kitchen window.

Professionals who conduct house sales are on intimate terms with current prices and they attach price tags to everything in advance of the sale. Dealers are usually given first choice before a house is open to the public. When you attend a conducted house sale, ask to have your name put on the mailing list to receive postcard notices of future sales.

Antique shops

A well-stocked antique shop is a dazzling place to probe for junk. Usually you will pay more than you would at a used furniture store, but you may pay less than at auction.

If you are searching for a sturdy oak desk for your husband's study and some old kitchen cabinets with glass doors, let the dealer know about it. Establish a rapport with him and he will call you when he gets them in stock or tell you where you can find them. There is a refreshingly noncompetitive spirit among many dealers.

If the shop abounds with goodies, pile a group of your finds on the counter and say, "What's the best you can do for me on this?" Immediately you have distinguished yourself as a serious buyer, and usually the dealer will lower the price.

When you buy used items, check their condition thoroughly. Travel with a tape measure, magnet (it will not cling to brass or silver), rope to fasten larger pieces to your car, magnifying glass to check markings on china, and flashlight to examine items hiding in dark corners. A hammer, screwdriver, and pliers are useful extras. Watch out for strategically placed price tags that may cover damage, such as a gouge in a pottery plate. And try to see what's under that wallpaper or paint. It may conceal handsome seasoned wood—or it may obscure ugly gray cardboard.

Some antique shops sell unrepaired furniture. Others refinish furniture, but do not restore it. A few take every piece apart and completely reglue and then refinish it. These are important differences. You will pay more for a piece of furniture that is both refinished and restored than you will for the piece that is refinished, but not restored. The latter is worth the extra cost because its reglued frame will be sturdy and the drawers will really work. A piece of furniture that has only been refinished may look better than it functions.

Station wagon sales

Keep your eye on the clas for word of station wagon If you've never been to one, tion wagon sale is one members of a church or cl perhaps simply a grou friends, gather in a parking open field and each sell household discards from hi station wagon.

Wrecking

Next, check the Yellow Pag your phone book for the loc of salvage yards. Then s them out about setting asid you architectural parts fron mantled buildings, as we brass and copper. Frequ you can buy the latter b pound.

On your own, you can vis sites of houses that are wrecked. If you are lucky can talk the crews into savi chitectural parts for you. W for announcements of sal furnishings and fittings o hotels that are about t



ed. The demise of the Sher-
ouse and Edgewater Beach
in Chicago yielded scores
ector's items, from sturdy
uffed chairs to handsome
loorknobs.

Used-furniture stores

king expedition would be
te without a tour of the
stores: Salvation Army,
ill Industries, furniture,
white elephant. Stocks vary
from month to month;
ck, you will shop immedi-
fter that sensational piece
in. Used-book stores are a
nes overlooked reservoir
l maps, botanical prints,
el etchings.

Free junk

are a scrounger, you'll de-
n picking through your
or's discards. While this
be frowned upon in some
it is an accepted junking
e.
ng spring cleanup week,
veryone in town hauls an
ılation of odds and ends to
the curb, try to get there before the refuse collector. If you get in cahoots with your garbage man or building custodian, he might save special finds for you.

One couple displays brass hardware from dismantled buildings on their coffee table. Keys to locks no longer in use make an interesting pattern when arranged on a wall plaque.

Tell your friends to phone you before they throw away their junk. You can trade it with another junker if you can't use it.

Abandoned farmhouses and barns are super places for junking. Be sure to get permission from the present owner before you load your station wagon with wood and metal pulleys taken from the barn or fancy fretwork pried from the house. (The fretwork, incidentally, will add richness and character to your contemporary living room.)

How to use it

When fitting your junk finds into your home, your approach to each item can be serious or witty. You can restore and return an item to its original use, or use it in a fresh and different way (for example, turn an obsolete farm tool into a lamp base) or display the item as art.

You bought that weatherworn door because you were attracted to the raised panels and the remnants of barn red and Shaker blue paint clinging stubbornly to its wood surface. To show off your find, you might mount it on the wall to be enjoyed as "found art" sculpture—or you might frame several sections of the door under glass to hang as a dramatic focal point. Another idea: preserve the door under glass as a coffee table top.

Wooden folding chairs can be used as they are for extra seating in your living room. Or you can soften them both visually and physically by upholstering all but a portion of their backs, leaving a half dozen of the slats exposed. The park bench destined for your family room can be returned to its original dark green or each slat can be painted a different dazzling contemporary color.

The cabinet full of old printing type drawers can be taken apart, cut down, and rebuilt as a conversation-piece coffee table. An old school desk can serve as a plant stand. Green glass telephone line insulators are effective grouped in rows on a window ledge. Simple wood-slat shutters make great folding screens and attractive headboards. Crocks and jugs are choice flower containers. Possibilities are endless.

When you spice a room with reclaimed junk, be willing to experiment. Change furniture arrangement, wall groupings, and even the color scheme if you're not enthusiastic about the results. That circa-1915 oak icebox will look entirely different against a white, as opposed to a brilliant, orange wall. If your response to the play between furniture and accessories is imaginative, you can give your home new individuality and have fun doing it.

Once you start junking, you'll find there are dozens of publications of specialized information. Here are a few for starters:

- *Books for Collectors*, a free catalog, is available from R. J. Beck Company, P.O. Box #1, Huntertown, Indiana 46748.
- *Collector's Weekly*, Drawer C, Kermit, Texas 79745, costs $7.50 a year.
- *Tri-State Trader*, P.O. Box 90, Knightstown, Indiana 46148, is a weekly newspaper that covers Illinois, Indiana, Kentucky, Michigan, Ohio, Tennessee, western Pennsylvania, and Wisconsin.
- *Collectible Trends*, 4284 West 143rd, Cleveland, Ohio 44135, is a newsletter; cost is $25 per year.



Your homemade bread is so great. Should the glasses be spotty?

Get the Cascade look... virtually spotless.



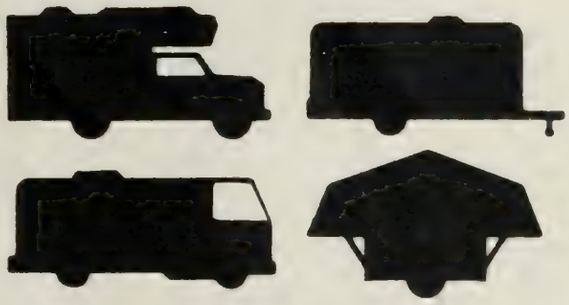
Look—even clean water lets spots form.

You did it! Your bread came out just as beautifully as you had hoped. But what about your glasses? You don't want spots at a time like this.

The spotty glass shows how plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot . . . gives your guests glasses with the Cascade look!

Cascade fights drops that spot.

But Cascade in your dishwasher gets dishes virtually spotless.



How to buy a used camper

A good time to buy a used camper is between Labor Day and Christmas, for two reasons: dealers are anxious to liquidate their inventories, and individuals selling their units are willing to take a lower price than they would in the spring.

Used campers are ideal choices for first-time buyers. To find a bona fide bargain, they must shop long and carefully, and that can pay off in many years of camping pleasure.

No matter what type of camper you find for sale, one of the first things to consider is whether the manufacturer is still in business. With the recent upheaval in the RV industry a number of firms ceased production. There are some good buys among RV "Edsels," but check for availability of parts and service.

You should also be aware that you cannot evaluate campers of identical size on an equal basis. Some are far better built than others and cost thousands of dollars more when new. Your bank or credit union probably has a copy of the National Automobile Dealers Association guide to wholesale and retail values which you can use to check the unit's current worth. Good used units are scarce and command a premium price.

Most times you are better off buying from an established RV dealer than a private party. Dealers are more knowledgeable about a unit's true condition and value, and generally will not take in trade a unit they do not feel they can easily sell. Some will rent a used unit with an option to buy. Dealers can often arrange three- to five-year financing, too. Most offer a limited guarantee on used units varying from 30 to 90 days for parts and labor. Then if the unit turns out to be a "lemon," you're not without recourse.

Travel trailers

To size up a unit, first examine its exterior. Are there dents, punctures, bent panels? One RV repair trick is to install a louver instead of replacing an entire panel. This can be adequate if well done and if damage is minor. If the damage is extensive, get an estimate from a sheet metal or body shop. Replacing complete panels can easily cost $500. With the unit standing level, check for equal side balance. Lopsidedness could be an indication of broken suspension.

Look at the tires for tread condition and signs of deteriorating sidewalls. Two small tent trailer tires may cost less than $50, but a full set of truck tires for a large travel trailer or motor home can set you back over $200.

Next, go inside. Is the camper clean and neat? Look around the ceiling and under windows for signs of water leaks. A musty odor can mean rotting between the walls. Jump up and down on the floor. Does it feel solid? If it squeaks, feels spongy, and appears uneven, that's a possible clue to potentially costly undercarriage problems. Push against the walls—do they feel solid?

In evaluating the upholstery and carpeting, be aware that most RV manufacturers are notorious for using low-grade materials. Sun bleaching and wear are common after a year of use. Excessive fabric wear, rips, or tears can indicate unit abuse, perhaps also in other, less noticeable areas. Slipcover sets can be purchased from dealers for around $75, or you can make the covers yourself for a fraction of that cost.

Once you're satisfied that the unit is in good general condition, have the seller demonstrate all the systems and appliances. Freeze-up damage to the water system is the most common single reason why units are brought to resale lots. Replacing a water storage tank, pump, lines, and a water heater will run over $400. Have the seller fill the tank and operate each faucet, the shower, and the toilet. Look along the lines and under traps for signs of leaks. Find out how to winterize the system.

Make certain all the propane gas appliances work. If the seller says "There's no gas in the tanks," forget the unit. Chances are if everything worked, he'd be glad to show you. New coils and a condenser for a camper refrigerator cost about $100. A new gas/electric refrigerator will run between $250 to $450 depending on the size. Furnaces rarely need replacing, but dismantling and cleaning runs around $25 plus parts. A new hot water heater will cost around $110 installed.

In checking the electrical system, ask where the trailer battery is located, and the converter if the unit has one. Battery terminals should be clean, electrolyte level adequate. Turn on all the lights and see if they work on the 12-volt system. Next, pull out the electrical cord and connect it to 110-volt power. Do the lights still operate? Plug in an appliance and check the 110-volt outlets in the kitchen. Make certain the air conditioner blows cold air. A new battery costs around $30, a converter can run $90 plus installation, an air conditioner much more.

If the camper has a generator, ask that it be started. Does it run smoothly? If the seller tells you it is loping or skipping because "it's not warm," best figure the cost of rebuilding or replacing it.

If possible, hitch the trailer to your car and tow it. Do all the lights light? Does it track straight? Do the brakes operate smoothly?

Tent trailers

Be wary of a tent trailer that smells mildewed. Replacing rotting canvas costs $200 to $300. New zippers cost about $2.50 a foot plus installation. Clouded plastic windows run around $10 each to replace. Before you decide on canvas work, be sure to obtain a firm price; in many areas it's difficult to find people who do this job well. If the trailer is fairly new, you may be able to replace the canvas with original material direct from the factory.

Have the seller raise and lower the camper. Make certain the levers, hinges, etc., move freely. If possible, test tow the trailer.

Pickup campers

Don't over-buy a camper. A half-ton truck is more than adequate for a cap or lightweight slide-in unit. For safety, an eight- to nine-foot model requires at least a ¾-ton truck and nothing less than a one-ton for a deluxe ten- to 12-foot camper. You may need to beef up your truck suspension system and buy larger tires with a heavier load rating.

Check the underbelly plywood for rotting, and plan to repaint annually with a good marine paint. Look for dents that might indicate that the camper was dropped. If the camper meets your needs, install it on your truck and drive around to make certain it fits before making a final commitment.

If you are buying both a used truck and camper, request a demonstration of the truck with and without the camper mounted. It is doubtful that any used pickup was driven only by the proverbial little old lady.

Motor homes

Buying a used motor home involves not only a check of all the living conveniences mentioned above but a complete appraisal of the mechanical parts. Motor homes are really two complete systems—transportation and living—and each suffers wear with normal use. The living system can be checked by the method used for travel trailers; the transportation system can be diagnosed much like a car. Many older units are grossly underpowered. Some are prone to belt problems, others to fuel pump failures, still others to engine overheating problems. If you are seriously interested in a unit, it is well worth paying a competent mechanic to make a thorough check. Or, visit an auto diagnostic center. The cost will be more than recovered if you discover one major flaw.

Good buys in used campers are in plentiful supply but finding them requires wise shopping and careful evaluation. ■

Junking: A great way to decorate your home

It's only fair to warn you that it's easy to become an auction addict. It usually begins with an innocent afternoon of watching other people bid on all sorts of odd, old, and unusual things. Soon you give it a try, and the next thing you know you're hooked on a wonderful way of finding unique, often inexpensive furnishings for your home. It's equally easy to become a flea market fanatic, a junk shop zealot, or a garage sale scavenger. But as you may have already discovered, acquiring castaways can be infinitely easier than figuring out exactly what to do with them once you get them home. On these pages you'll find lots of good answers. We'll show you what various families have done with their secondhand finds, and also what we did to resurrect a whole roomful of rejects.

By
Richard W. Jones,
Pamela Wilson Cullison,
Robert E. Dittmer







What's this? It's an old ceiling glass globe that's been cleaned up to shine like crystal. Here the globe is propped with posies, but sometimes the owners fill it with popcorn.

Just a few hours of rummaging turned up the furnishings for this once featureless bedroom. Adding interest to the window is an old pane of stenciled glass, suspended from the ceiling with chains. Everyday curtains are tied back with head scarves. Below the window is a box that used to store circus gear for the "Marvelous Muellers" (whoever they were). Now the box is used to store winter woolens, and as a perch for plants and a goldfish bowl. The iron bed was in a rusty state of disrepair when found in a junkyard. All it took to save it was a little elbow grease and lots of steel wool.

With a smidgen of imagination and a few nuts and bolts, two broken-down bentwood chairs were turned into a useful, albeit unusual plant stand. When guests are around, it's a towel rack.

Turn your thinking cap in a different direction when shopping for secondhand finds. Then you'll be able to envision new uses for seemingly useless things. This cocktail table, when found at an auction, was a tall cabinet used for storing printer's type. To turn it into a table, the cabinet was cut into three sections, joined, and topped with a piece of wood. Type drawers are used for storing slides, napkins, cards, and mail. An old park bench makes a witty substitute for the conventional sofa.

Buying information, page 104.



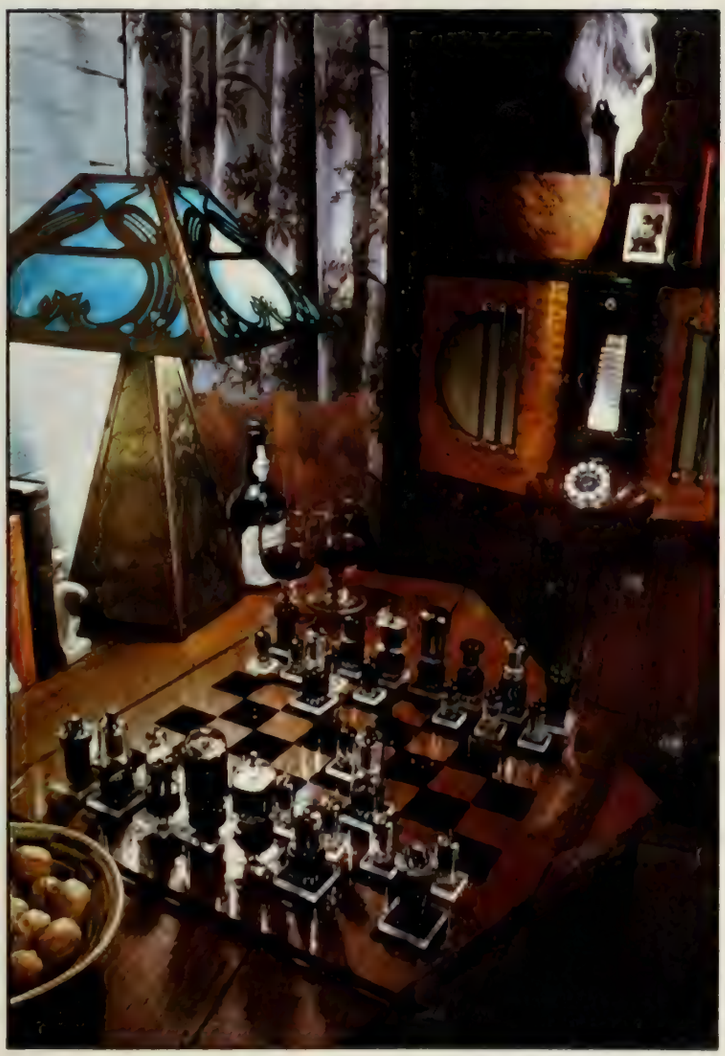


Junking: Personalize a room for a pittance



re turned off by play-
styles, then crank up
ourage and create your
ok. This house is typically
an on the outside, but
t's like a 1930 Wisconsin
r cottage. The old curi-
include a church chan-
hat was purchased by the
at a junk shop, a "Mission
able and chair, and a
porary chrome table
with a leaded windowpane
rotective glass cover.
e that was doomed for de-
on yielded the ceramic
d two oak griffins that
he fireplace a surefire
sation piece. Other odd-
n this offbeat room in-
scattering of Indian
d a screen that was
with a woodburner.

If it tears you apart to see an old building torn down, the solution is to get there before the bulldozers do and rescue whatever interests you. Or, if the wreckers beat you to it, go to a salvage yard. That's how these homeowners saved a beautiful pair of Victorian iron gates and turned them into a headboard.



Photographs: Jim Hedrich, Hedrich-Blessing. Designer: Sharon Richter. Source: Jessie Walker

You can even bring burned-out TV tubes back from the grave. These free-for-the-asking tubes were turned into a chess set by fitting the prongs of varisized tubes into small blocks of acrylic plastic. The rejuvenated jukebox in the rear was a broken-down bargain. Fully restored, it now spins the tunes of Benny Goodman, and others apropos to the era.

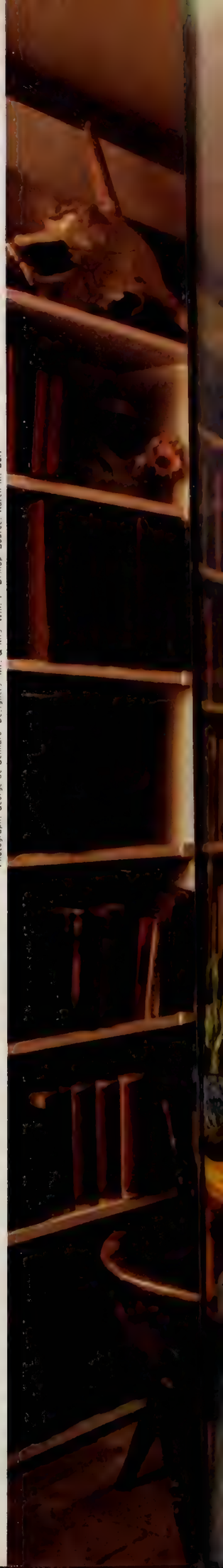
Junking: Personalize a room for a pittance



Photograph: Jim Hedrich, Hedrich-Blessing Source: Jewel Walker



Photograph: Harry Hartman Designer: Sims Murray, Trade Winds Inc. Source: Estelle Bond Guralnick



Photograph: George de Gennaro Designers: Mr. & Mrs. Wm. P. Bishop Source: Karen M. Burr

What to do when you get carried away by the urge to collect? Be practical: put your collection—whatever it is—to work. This family used their auction-acquired assortment of Oriental rugs to cover up their worn-out wall-to-wall carpeting. A daring feat, but it works—the brightly colored mixture of rugs adds sparkle to the room, and creates a patchwork effect for the floor. Hanging above the fireplace is a framed collection of cigar box labels.

Go to a country auction and you'll come home feeling relaxed and refreshed—and euphoric, if you cadge a treasure. When found at a farm auction, this old-fashioned stove looked big, black, and ugly. The owners hauled it home anyway, and made it look friendly with a couple of coats of white paint. Now the stove is the star attraction in this family room, and serves as a functional buffet/bar, too.

A brick floor came with this room. It used to be a carport but now it's a delightful dining room/library, filled with antiques and auction finds from the old Southwest. Hanging over the pine table is a gambler's kerosine lantern that perhaps once hung in a wild West saloon (it's always fun to pretend). The table is set with inexpensive enamelware—the kind that might have been used on wagon trains. Also adorning the table is an antique bread cutter all ready to slice a loaf of homemade wheat bread. The bookshelved wall adds warmth to the room. (If you have more shelves than books, used book sales are the inexpensive answer.) Lending authenticity to this nostalgic decor are the old paintings in their original frames, and a steer skull on the shelf.



Junking: Furnish a room on a shoestring

No, you needn't resign yourself to a bare room just because prices are high and your budget is small. With imagination, and willingness to give other people's castoffs a second chance, you can create a sophisticated and thoroughly livable setting like this one, and do it on a shoestring. Most of this furniture was recruited from the Salvation Army. To learn what we did to revive our finds, read on.







This three-piece sectional might have been high style in the '50s, but it was dingy Danish when we found it. To refresh it, we stripped the paint to a nice oak finish, removed the side arms, and made new seat cushions, and plump round pillows for the backrests. Then we lined the chairs up proudly in front of an antique quilt which hangs on the wall like a tapestry and sets the color scheme for the room. Directions for pillows begin on page **102**.



The great-looking pigeonholed bar unit is really a pair of old office mail sorters that we've outfitted with a mixing shelf and two doors for storage below. Colorful glasses occupy some of the slots; books and bottles fill others. What looks like a contemporary lamp clamped above is really an inexpensive photo flood reflector. Bamboo blinds take the place of curtains. We painted the blinds white, and "spatter-dashed" them blue with the flick of the wrist, and a paintbrush.

What do you do with the pie-shaped center of a sectional s when its partners have disap- peared? Turn it into a distin- guished chair by placing it ri angle to something else. The segment's cushion was in sor shape, so we invested in a ne one and covered it—and the entire chair—with that old budget standby, mattress tic ing. Transforming the timew table was simple. All it took was two coats of high-gloss turquoise paint. Just out of camera range, a castoff birdc (minus bird), adds a whimsic note to the room.

Buying information, page 104.

ırgain's no bargain if it
apart, so be sure to check
furniture for serious
ctural defects. Our second-
l sofa and armless chair were
ıd, needing nothing more
recovering. To cut down on
s, we slipcovered the sofa
. 98-cents-a-yard mattress
ng, and the chair with
ıant upholstery fabric.

Hanging over the sofa is a pull-down study lamp, painted white and rewired. Upside-down wicker wastebaskets make portable coffee tables, and other wicker items provide art-work for the walls. Sitting on the sea grass rug is an old wooden salad bowl filled with an assortment of flowering baskets.



Photographs: Mike Dieter



Antique or junk:

All of us have a bit of the magpie in our makeup. As a result, we may wind up with a miscellany of possessions, everything from hand-me-down knickknacks from Great-aunt Carries's curio cabinet to impulse buys from garage sale junkets. But too often these bibelots, bought or inherited, languish unused in some dark bureau drawer. Don't let it happen! Reassessed with an imaginative eye, your almost-antiques can do great things for a table. The charming setting, above, is a perfect example of Yankee ingenuity—"use it up, wear it out, make it do." Though nothing matches (except the glassware) the total effect is far from hodgepodge. Potpourri additions like these can make the family dining table look elegant and distinctive for a small outlay of cash. While complete flatware services are rare on the secondhand circuit, you can easily add a second pattern in butter spreaders or salad forks (great to have for all sorts of entertaining) or old-fashioned soup spoons (for soup-and-salad meals). Whole sets of old china are



often chipped and usually expensive—but one-of-a-kind dinner plates are still plentiful and a bargain. Try collecting them in any one color—like the setting above which utilizes light blue and white patterned plates of different shapes and sizes. A magnificently mixed up assortment of accessories—like the pewter mug (at left) for a spoon holder, and ceramic bowls for sauce dishes—are handy adjuncts to freewheeling tables. And if you bake your own bread (like the braided spice loaves at center, recipe page 78) show it off in a large-scale rustic basket. **Buffet setting, at left,** is another showcase for collectible

How to set today's tables with yesterday's stuff





rift-shop booty.
cares about matching? As
an see, there's charm
ersity, if you set about
it right. White plates are easy to collect and they work well together whether they're ironstone or fine china, patterned or plain. Glassware of different shapes and sizes can be beautifully compatible if the color is uniform; or use a rainbow of colors with like shapes. We've shown three patterns of flatware, picked up at private sales.

Cordial tray, at left, falls in the discovery class. The original nickel plating was stripped off by a metal plating company, leaving a charming copper tray. Another bargain, the decanter, was bagged at a garage sale for under $5. The glasses are investments—they were originally toothpick holders (we tested them for drinkability) and they cost a tidy five to ten dollars each.



Photographs: Hopkins. Designer: Jean LemMon

Candlesticks are compatible whatever their material, size, or shape when you use them in large groups. Our clutch of candlesticks includes brass (some old and good, some from a basement sale), depression glass, and in the center a couple of insulators (a collector's craze) epoxied together with a washer between. To meld your collection, you can stick to candles in the same color family like ours.

By Elizabeth D. Craster

Junk craft: treasures from trifles

Got any junk—any useless stuff, trash, or rubbish lurking in your basement, attic, or some forgotten cubbyhole? If your clutter collection hasn't ended up in some neighborhood resale shop—one of which we've pictured at right—you may find you own some potential pearls. A little imagination and craft know-how can turn a dog into a decorator's dream and a trifle into a treasure. To prove the point, we've assembled a group of discards such as you might come across at a garage sale, a resale shop, an auction—or cached away in some corner at home. Then we've added a crafty touch to make each item functional and/or fun.

Our collection, pictured at right, features in the foreground boot trees, canning jars full of buttons, and medicine bottles. In the background, there are chipped mixing bowls, a non-working typewriter, and a glass-topped tray. At the left, you'll find a motley assortment of doorknobs and latches and pieces of embroidery. Smaller photos show you how we recycled this junk shop jumble into something special.

Buying information, page 104.



Photographs: Hopkins, The Boulevard Mart, Des Moines, Iowa

For a bold-as-brass wall decoration, amass a collection of brass door and drawer hardware—backplates, knobs, pulls, and knockers. Weld pieces together, then treat with an acid which touches the brass with green highlights. You can probably locate metal fittings like these through wrecking or construction companies. Collections like this can also be mounted on hardboard or plywood, or set into shadow boxes or on pedestal bases.

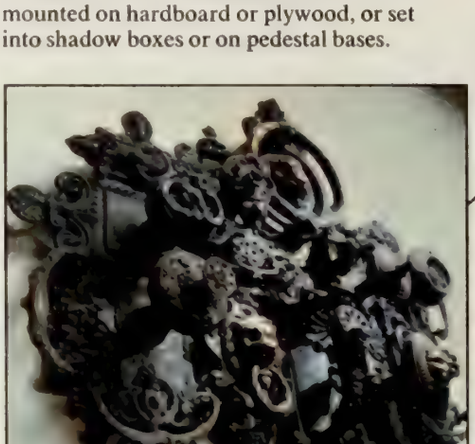
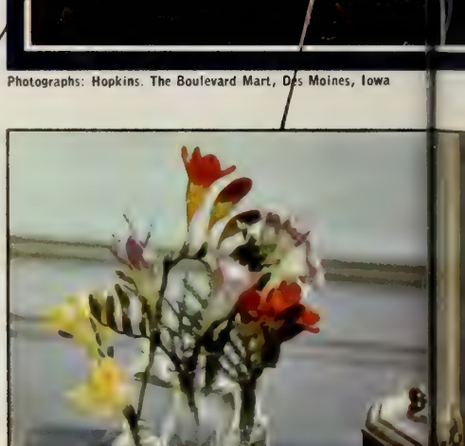


Photo: Jim Hedrich. Source: Jessie Walker Associates. Artist: Phil Rowe



Designer: Ciba Vaughan

Turn a glass-topped tray of the '50s into a handsome showcase for a scrap of heirloom embroidery or a piece of your own handwork. A scratched wood frame can be sanded and bleached, or given a coat of bright enamel. Or, you can convert a picture frame into a tray. To insert embroidery, remove back from frame, cut cardboard to size, and center embroidery on it. Reinsert cardboard backing and nail back in place. Finish bottom with felt.



Designer: Jean LemMon

Multi-bottle container is an effective way to display short-stemmed flowers. To make the unit, arrange the glass medicine bottles (they still range from five cents to a quarter) on a ⅜-inch circle of plywood. Trace the silhouettes and cut out with a coping saw. Cut inside the traced outline to ensure a snug fit and finish by filing. Glue this plywood circle to an identical one with white glue. Finish with wood stain.



A pooped typewriter can become pop art with a coat of many paint colors. Non-working relics like this often aren't worth repairing—but they can be worth saving. We turned ours into a hot-line message center (who could overlook a note stuck in the paper bail?) with a wild conglomerate of wet-look paint colors. Mark out the color areas first with chalk, then draft the person with the steadiest hand to do the artwork.



Design: Judy Martin Studio

Boot-tree bookends require only a minimum of workshop expertise. To duplicate ours, cut a 1x4 board 28 inches long. Round each end. From bottom side dado a channel ½ inch wide by ½ inch deep in the center from end to end, stopping one inch from each end. From top side, centered on board, cut through with a saw kerf. Fasten down boot tree with a washer and screw from underneath so boot trees can be moved back and forth.



Designer: Jim Hirschheimer



rs: Ciba Vaughan and Gail Peachin

e bottles full of buttons—shirt, r, and coat buttons—hold the makings tunning, primitive-looking necklaces. out different styles and colors ttons, then work out the pattern ed. Thread through both sides of uttonholes (so buttons stack one ist another), knotting between ons. The ceramic hand used for glove ay in old-time department stores makes idy jewelry caddy on a bureau.



Designer: Ciba Vaughan

Kitchen crockery and jute are all the ingredients you need for these handsome hanging planters. Old mixing bowls are made to order for the job. Begin by knotting the strands around a heavy, three-inch metal ring, which provides a secure cradle for the bottom of the bowl. Macrame chains are entirely composed of square knots. Before planting, add a layer of gravel to bowl bottom and a plastic liner with holes for drainage.

Favorite American food from harvest festivals







by Doris Eby and Nancy Byal

Good food . . . warm, congenial people . . . a whirl of activities—that's what awaits you at harvest festivals celebrated throughout the country. These events spotlight a particular food that's plentiful in the region, and visitors are urged to share the fun and the bountiful crop.

To give you a cross-country sampling, we visited five festivals and collected tempting harvesttime recipes you can make wherever you are. Check with the U. S. Department of Commerce or state departments of tourism for similar events in your area or in areas you may be visiting.

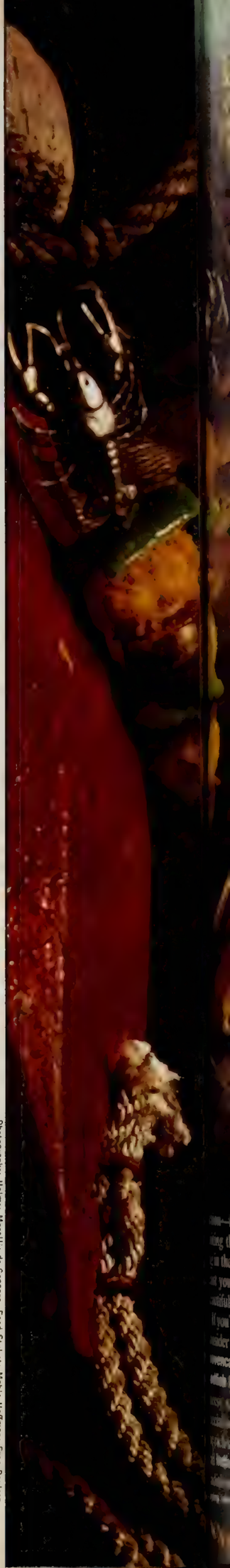
You needn't be alarmed if you see clouds of "smoke" billowing above Rockland, Maine, in early August. It's simply the high sign that the giant lobster cooker is fired up and the Maine Seafoods Festival is in full swing. Before the four-day event is over, more than 7,000 pounds of lobster and 140 bushels of clams will be devoured.

The biggest attraction is, of course, the lobster. You'll find experts of all ages who can show you how to coax every morsel of goodness out of your lobster. But there's more to the festival than just eating. It's an opportunity to see some expert lobstermen in











Photographs: Helms; Maselli; de Gennaro. Food Stylist: Mable Hoffman; Fran Paulson



tion—building and
iting the traps, and haul-
in the day's catch—or to just
st your eyes on coastal Maine's
autiful scenery.

If you're fishing for some main dish ideas,
nsider these top-of-the-line specialties. **Haddock**
ovencale turns fish fillets into elegant fare. **Yankee**
ddfish Rarebit starts with a Down East favorite, salt cod, in a
eesy sauce. Reserve **Seafood Asparagus Casserole** for a very
ecial occasion. Use either frozen or canned lobster and shrimp in
rich sour cream sauce. You'll want to add **Scallops en Brochette**
d **Individual Clambakes,** a simplified variation on an old New England
dition, to your barbecue repertoire. *Recipes begin on page 78.*

ring information, page 104















Long before the fairground fills with visitors, the mid-October Apple Harvest Festival near Gettysburg, Pennsylvania, bustles with activity. Jaycee wives assemble tarts and fritters, while the men ready an ox for spit-roasting. In nearby York Springs, firemen's auxiliary members bake hundreds of their famous **York Springs Apple Pies.**

As the fair progresses, country musicians entertain the crowd and visitors get into the action. For the aspiring chef, there's a bubbling pot of apple butter to stir and a kettle of applesauce to tend. Young and old lick candied apples, sip sweet cider, and sample dumplings, turnovers, and doughnuts.

Here's a recipe ensemble to give apples festive billing in your home—**Golden Apple Alaskas** lathered with brown sugar meringue, triple-layered **Caramelized Apple Parfaits,** and squares of moist **Fresh Apple Cake.** For a change of pace from dessert, try meaty **Apple Harvest Open-facers.** Another tempting option: **Cinnamon Apple Salads** sporting cream cheese "dressing." *Recipes begin on page 78.*



Apple Harvest Festival

Photographs: Helms; de Gennaro; Preator













After months of waiting, it's sweet corn time again! And by the end of August, the Millersport Lions Club will be ringing the dinner gong for their annual corn festival near Columbus, Ohio. Originally a one-day, one-pot affair, it is now a four-day event where more than 135,000 ears of corn are husked, boiled, and buttered. Veteran attendants say the spit-roasted beef, barbecued chicken, homemade chicken and noodles, and pies are as eagerly awaited as the corn.

First-time visitors don't need much coaxing to join in the feasting. Whether you eat your corn on or off the cob, that fresh-picked flavor can't be beat. These young corn-eating specialists—all entrants in the corn eating contest—show you how pros do it.

The hot buttered version is just one of myriad ways you can serve fresh corn this summer. For openers, try on-the-cob **Easy Cheese Baked Corn** and **Barbecued Roasting Ears.** For more substantial eating, steam a **Cornhusk Chicken Dinner** or encase corn in a **Colossal Cornburger.** We've also included two side dish recipes to dress up any meal: colorful **Corn Relish Molds** and **Corn-zucchini Bake.**

Recipes begin on page78.
Buying information, page 104.









Sweet corn bonanza

Photographs: Helms; de Gennaro



















The humble peanut really started something! Since the first National Peanut Festival in Dothan, Alabama, 38 years ago, the event has grown from a local weekend affair to a national, seven-day festival every October. Yet the sponsors have retained the folksy, country-fair events of yesteryear—calf scramble, greasy pig contest, livestock shows, and youth exhibits to name a few. Home-canning competitions still excite keen interest, especially the peanut butter and boiled peanuts categories. Another big event is the peanut recipe contest. It draws hundreds of entries—and includes literally all kinds of food from soup to nuts.

Our peanut entries for your recipe collection include **Peanut Butter Cream Torte,** a cream pie variation, and **Peanut Streusel Kuchen** based on biscuit mix and frozen whipped dessert topping. The all-time sandwich favorite inspired our smooth-and-creamy **Peanut Butter and Jelly Sundaes. Chicken Salad Oriental,** an exotic summer main dish, gets a topping of ginger-flavored sour cream. And for lip-smacking snacking, make up a batch of chocolaty **Peanutty Brownies** and clusters of pretzel- and peanut-filled **Crunchy Spiced Snacks.**

Recipes begin on page 78.



National Peanut Festival

Photographs: Helms, de Gennaro









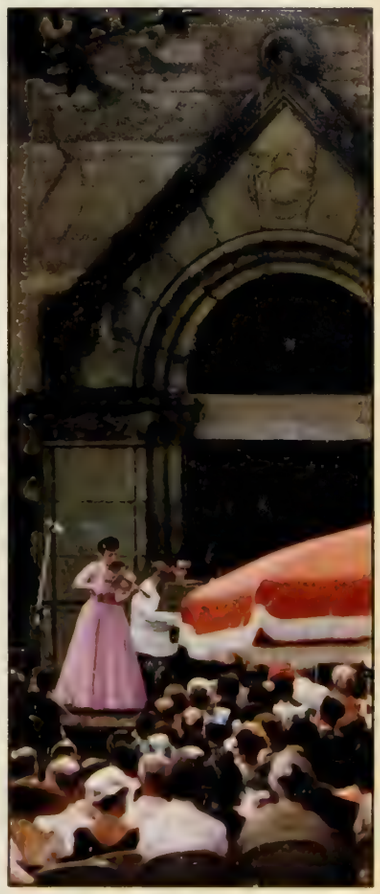




An effervescent mood prevails from summer through early fall in California wine districts such as Napa and Sonoma Valleys. Instead of being a single event, the National Wine Festival is a series of gala celebrations. You can enjoy wine tasting and winery and vineyard tours any time of year. But many of the wineries also plan special festival events including lawn concerts and arts and crafts displays. Local recipe contests attract imaginative entries such as the glistening **Sherried Grape Chantilly Pie** shown.

To give your meals a festive touch, try these wine and grape recipes. Ham, wine, and grapes complement each other in elegant **Burgundied Ham Veronique.** The pitcher behind it holds a refreshing summer favorite, **Double Orange Sangria.** Dessert is **Lemony Tokay and Melon Compote** with cream cheese and yogurt topping. **San Joaquin Platter** is almost a meal in itself. Strips of beef are richly coated with a mushroom-onion-and-wine cream sauce and flanked by potatoes and broccoli. **Mulled Wine Fondue** is an easy dessert or late-night refreshment. Dip fresh papaya, strawberries, and honeydew in the vibrant cranberry-port sauce.

Recipes begin on page 78.
Buying information, page 104.





National Wine Festival

Photographs, de Gennaro; Lyon

Home canning tools and techniques

With the current rise in food prices and the boom in gardening, canning is coming into its own. If you've never canned, we recommend you start planning well in advance.

Check your supply of jars: Choose only standard jars made for canning. If you plan to can and freeze, buy jars designed for both purposes. Jars are available in half-pint, pint, 1½-pint, quart, and half-gallon sizes. They may be widemouthed, tapered, or regular.

Check your supply of canning equipment: Be sure your water bath canner and/or pressure canner are in perfect condition. Read recipes carefully and check general canning instructions so you're familiar with procedures *before* you begin.

1. Packing: There are two methods of packing food in jars: hot pack (cooked) and raw pack (uncooked). Both methods will be given in recipes unless a particular food is best done only one way.

To use the raw pack method, pack the uncooked food into containers. Add the boiling liquid to the desired depth.

To use the hot pack method, partially cook the food before packing it into containers. Then, add boiling liquid, leaving headspace—½ inch for fruits and high-acid vegetables; one inch for low-acid vegetables and meats. Remove all air bubbles. Wipe rims of jars and seal.

2. To process fruits, fruit juices, and high-acid vegetables you'll need a water bath canner. This can be any tightly covered metal container deep enough for an inch or two of water to cover the tops of jars. You'll need a rack to keep the jars from touching the bottom.

Use either a raw pack or a hot pack. Then follow these general instructions, but also consult your recipe book:

a) Fill canner with four to five inches of water; heat but do not boil.
b) Prepare sugar syrup if it is to be used; keep warm.
c) Prepare the food to be canned following recipe directions.
d) Fill jars. Place filled jars in canner of hot water.
e) Fill the canner with boiling water to cover jars by one to two inches. Cover and heat to a rolling boil.
f) Start counting processing time. Consult recipe for time.
g) Adjust heat so water boils gently during processing time. When time is up, turn off heat; remove jars.

3. Use pressure canning for processing foods naturally low in acid—all vegetables except tomatoes, and meat, poultry, and fish. Follow directions as this method is the one that supplies enough heat to destroy botulism-causing organisms which might be present.

The temperature of the food reaches 240° at ten pounds pressure in the canner. The processing time specified in the recipe ensures adequate heat penetration. Follow these instructions in addition to following the specific recipe exactly.

a) Read instructions that come with the pressure canner. Check the spring-dial gauge for accuracy.
b) Assemble canner and basket. Add two to three inches of boiling water to canner on stove. Turn heat to low.
c) Prepare food according to recipe. Fill jars. Place in canner.
d) Cover and lock canner. Turn heat to high. When steam emerges from the pipe, reduce heat so steam flows at a moderate rate for ten minutes.
e) Close vent and bring up the pressure.
f) Turn heat to high. Maintain heat until ten pounds pressure is attained. Adjust heat to maintain a constant pressure.
g) Count processing time from the moment ten pounds pressure is reached. Check recipe for timing.
h) Turn off heat. Allow pressure to return to normal.
i) Remove regulator or open pet cock; unlatch cover.
j) When food stops bubbling, place on a cooling rack.



1



2



3

Photograph: Hopkins





Just when everybody's bored with budgeting, Campbell's helps you stir up some excitement.

Campbell's Soups help you whip up out-of-the-ordinary budget dishes quick and easy. And Campbell's recipes are kitchen-tested so they'll turn out great every time. Here are two your family's sure to love.

SOUPER MEAT 'N POTATOES PIE

- 1 can Campbell's Cream of Mushroom Soup
- 1 pound ground beef
- ¼ cup finely chopped onion
- 1 egg, slightly beaten
- ¼ cup fine dry bread crumbs
- 2 tablespoons chopped parsley
- ¼ teaspoon salt
- Dash pepper
- 2 cups mashed potatoes
- ¼ cup shredded mild cheese

Mix thoroughly ½ cup soup, beef, onion, egg, bread crumbs, parsley, and seasonings. Press *firmly* into 9-inch pie plate. Bake at 350° F. for 25 minutes; spoon off fat. Frost with potatoes; top with remaining soup and cheese. Bake 10 minutes more or until done. Garnish with cooked sliced bacon if desired. Makes one 9-inch meat pie.

SOUPREME SKILLET CHICKEN

- 2 medium zucchini
- 2 pounds chicken parts
- 2 tablespoons shortening
- 1 can Campbell's Cream of Celery Soup
- 1 teaspoon paprika
- ½ teaspoon basil leaves, crushed
- 1 medium clove garlic, minced
- ½ cup drained chopped canned tomatoes

Cut zucchini in half lengthwise; slice diagonally in ½-inch pieces. In skillet, brown chicken in shortening; pour off fat. Add soup and seasonings. Cover; cook over low heat 30 minutes. Stir occasionally. Add zucchini and tomatoes. Cook 15 minutes more or until tender. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.00 with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55359. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

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8¢

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A4-21

BOARDINGHOUSE B
Mini herb-flavored
tured on page 55—

3 to 3¼ cups all-pur flour
1 package active dry
2 teaspoons dried pa flakes
2 teaspoons dried ce
½ teaspoon dried th crushed
1 cup milk
2 tablespoons sugar
2 tablespoons cookin
1½ teaspoons onion
1 egg
1 egg yolk
1 tablespoon water

In large mixer bow 1½ cups of the yeast, parsley flak flakes, and thyme. pan, heat milk, suga onion salt just till w to 120°). Add to d in mixer bowl; add Beat at low speed mixer for ½ minute sides of bowl consta 3 minutes at high hand, stir in enough maining flour to ma erately soft dough. lightly floured su smooth, 5 to 8 minu into a ball. Place i bowl, turning once surface. Cover; le warm place till dou 1 hour. Punch do and let stand 10 mi vide dough into 6 Shape 5 of the por loaves; place each in 4½x2½x1½-inch Beat egg yolk with t brush tops of loaves yolk mixture. Roll ou ing portion of doug inch square; cut in strips. Cut each stri wise into 3 pieces; gether to make 5 bra one braid atop ea brush again with egg ture. Cover and le nearly double, 30 to utes. Bake in 375° done, 20 to 25 min move from pans. rack. Makes 5 loaves.

Food from harvest fes

begins on page 58

YANKEE CODFISH RAR
A full 8 to 10 hours of needed to reduce the sa
8 ounces salted cod
4 tablespoons butter or
3 tablespoons all-purpos
½ teaspoon dry mustard
Dash cayenne
1½ cups milk
½ teaspoon worcestersh

continued

To refresh 2 salad favorites, start fresh with Real Mayonnaise.



Hearty Potato Salad

Thank goodness for Best Foods.

Add a fresh touch to coleslaw and potato salad with Best Foods Real Mayonnaise. No other mayonnaise freshens up salads better than Best Foods, the really fresh Real Mayonnaise.

BASIC POTATO SALAD

3/4 cup finely chopped onion
1/4 cup lemon juice
1 tablespoon salt
1/2 teaspoon dry mustard
1/4 teaspoon pepper
4 pounds potatoes, boiled in jackets, peeled and cubed
1 1/2 cups chopped celery
1/2 cup chopped green pepper
2 cups BEST FOODS® Real Mayonnaise

Stir together first 5 ingredients. Toss with hot potatoes to coat evenly. Cover and refrigerate about 1 hour. Stir in remaining ingredients. Chill. Makes 10 cups.

Hearty Potato Salad: To basic recipe add 2 cups cooked, cubed ham and 1 cup cubed Cheddar cheese.

Confetti Potato Salad: To basic recipe add 1 cup each chopped zucchini, cucumber, radish and carrot.

BASIC COLESLAW

4 cups shredded red or green cabbage
1/4 cup chopped green pepper
1/4 cup chopped onion
1/2 cup BEST FOODS Real Mayonnaise
1/2 teaspoon fennel seed
1/2 teaspoon salt
1/8 teaspoon pepper

Toss together all ingredients. Before serving, stir in 1 cup chopped tomato or apple, if desired. Makes 4 cups.

Coleslaw Hawaiian: Follow basic recipe omitting green pepper and fennel. Reduce onion to 2 tablespoons and salt to 1/4 teaspoon. Add 1 cup shredded carrot, 1/2 cup pineapple chunks and 1/2 teaspoon caraway seed. Garnish with nuts.

Oriental Coleslaw: Follow basic recipe omitting fennel. Reduce cabbage to 3 cups and Real Mayonnaise to 1/3 cup. Add 1 can (7 oz) tuna, drained or 1 cup diced cooked chicken, 1 cup bean sprouts, 1 tablespoon soy sauce and 1/8 teaspoon ground ginger



Coleslaw Hawaiian

Best Foods, a Division of CPC International Inc. cpc

BRING OUT
THE BEST FOODS
AND BRING OUT
THE BEST



To make a summer day cooler, start with Jell-O.

BRAND GELATIN



Ingredients

1 package (3 oz.) Jell-O Gelatin, any flavor
1 cup boiling water
1 cup ginger ale
1 to 1½ cups fresh or drained canned fruit
1½ cups prepared whipped topping
Makes 4 servings.

GF
GENERAL FOODS KITCHENS

**Ginger ale gives this Jell-O® Brand Gelatin parfait extra zip.*



1. Make Jell-O Brand Gelatin according to package directions but substitute ginger ale (or orange juice, pineapple juice, or non-carbonated orange drink) for the cold water. Chill until firm (about 3 hours).



2. Spoon gelatin and your favorite fruit into glasses.*



3. To make your parfait look even cooler, spoon on whipped topping and make peaks with a spoon, so it looks like the froth on a cold drink.



4. Garnish with more fruit. Serve, and watch your family light up as they cool off. Find many more Jell-O recipes in "The New Joys of Jell-O" recipe book. Making great desserts is easy when you start with Jell-O Gelatin.

Start with Jell-O®

*If you use skewers of fruit, as pictured, place them in the glasses before adding the gelatin. To rim the glasses with sugar, first dip the glass rim into egg whites and then into sugar.



Send $1 for "The New Joys of Jell-O" Recipe Book, and get many new recipes.
Hardbound and illustrated in full color. "The New Joys of Jell-O" offers over 100 exciting recipes and serving suggestions. Send $1.00 and this certificate to: "The New Joys of Jell-O," Box 3032, Kankakee, Illinois 60901.

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Buying information, page 104

FILE UNDER MAIN DISHES

EASY SKILLET MAIN DISHES

Beef 'n Bean Porcupine Skillet

A budget-wise recipe wins first place—

1 can condensed bean with bacon soup
1 egg
¼ cup uncooked long-grain rice
¼ cup wheat germ
1 tablespoon instant minced onion
½ teaspoon garlic salt
¼ teaspoon seasoned pepper
¼ teaspoon chili pepper
1 pound ground beef
1 16-ounce can barbecue beans
½ cup (2 ounces) shredded sharp process American cheese

Blend together soup and ⅔ cup water. Combine ½ cup of the soup, egg, rice, wheat germ, onion, and seasonings. Add ground beef; mix well. Shape into six patties. In skillet, brown patties on both sides; drain off fat. Combine remaining soup, beans, and ½ cup water; spoon around patties. Cover and simmer 55 minutes, stirring carefully once or twice. Remove cover; sprinkle with cheese. Cook 1 to 2 minutes or till cheese melts. Makes 6 servings.

Mrs. Alexander P. De Santis, Bethlehem, Pa.



Photographs: D. eter

FILE UNDER JAMS AND JELLIES

JAMS AND JELLIES

Golden Lemon Marmalade

Finely chopped carrots and maraschino cherries add texture to this prize-winning lemon marmalade—

1 pound carrots
2 medium lemons, quartered and seeded
3¾ cups sugar
½ teaspoon salt
½ cup water
⅓ cup sliced maraschino cherries

Put carrots and lemon through fine blade of food grinder or chop very finely. (Should measure about 3 cups chopped carrot and ¾ cup chopped lemon.) In large kettle or Dutch oven, combine chopped carrot, chopped lemon, sugar, salt, and water. Bring to full rolling boil. Cook over medium high heat for 10 minutes. Add sliced cherries; cook an additional 3 to 5 minutes or till thickened and mixture sheets from metal spoon. Pour into clean, hot jelly glasses; seal at once. Makes four ½-pints.

Mrs. Olga Echart, San Antonio, Texas

Cut along dotted line



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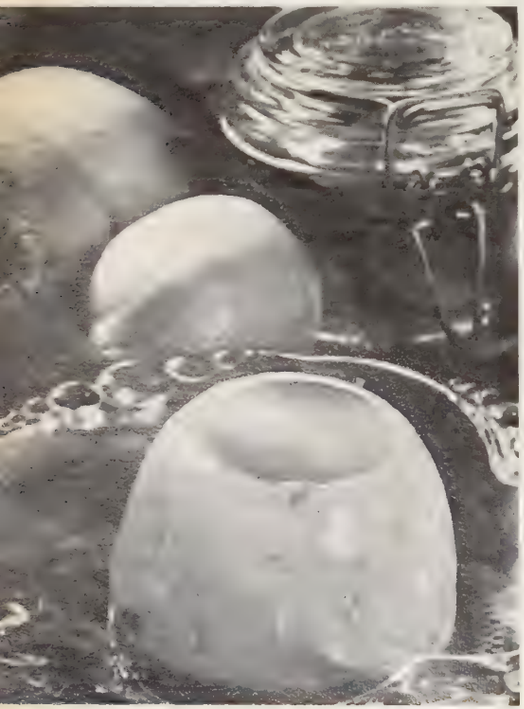


Any sugar crystals which form on opened jams are simply due to evaporation of the jam's liquid—

2½ pounds tart apples, pared and cored
1 6-ounce can frozen grape juice concentrate
1 cup water
1 1¾-ounce package powdered fruit pectin
5 cups sugar

Finely chop apples or put through fine blade of food grinder. (Should measure about 7 cups chopped apples.) In large kettle or Dutch oven, combine apples, grape juice, and water. Bring to boiling; cook 3 minutes, stirring constantly. Add pectin; bring to boil. Stir in sugar; bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam with metal spoon. Pour into clean hot jelly glasses; seal at once. Makes seven ½-pints.

Mrs. J. E. Strang, China Lake, Calif.



Honey Sauterne Jelly

For a clear, shimmery jelly, pour jelly mixture into jars at an ordinary speed. Pouring it too slowly could cause cloudiness—

½ of 1¾-ounce package (2 tablespoons) powdered fruit pectin
1½ cups sauterne
2 teaspoons grated orange peel
½ cup orange juice
2 tablespoons lemon juice
3 cups mild-flavored honey

In large saucepan or Dutch oven, combine pectin, sauterne, orange peel, orange juice, and lemon juice. Bring to full rolling boil. Stir in honey and return to boiling. Boil 5 minutes, stirring constantly. Remove from heat. Skim off foam with metal spoon. Pour into clean, hot jelly glasses; seal at once. Makes four ½-pints.

Mrs. Allen C. Davis Sr., Smyrna, Ga.



1 pound chicken livers, cut up
2 tablespoons butter or margarine
2 tablespoons chopped onion
2 10-ounce packages frozen Chinese vegetables with seasoned sauce
1 3-ounce can sliced mushrooms
½ cup chicken broth
2 tablespoons soy sauce
1 tablespoon cornstarch
¼ teaspoon ground ginger

In large skillet, cook livers in butter or margarine till just brown; remove from pan. In same skillet, cook onion till tender. Add Chinese vegetables with sauce cubes, *undrained* mushrooms, and ¼ cup of the broth. Cover; simmer till vegetables are thawed, about 3 minutes, stirring to break up sauce cubes. Simmer, covered, 2 to 3 minutes longer or till tender. Stir together remaining ¼ cup broth, soy, cornstarch, and ginger. Add to vegetables; cook and stir till bubbly. Add livers; heat through. Serve over hot cooked rice. Makes 6 servings.

Mrs. William Strieber, Crofton, Md.



Skillet Lasagna

1 pound ground beef
½ cup chopped onion
1 8-ounce can tomato sauce with herbs
1 envelope spaghetti sauce mix
2 cups (16 ounces) cream-style cottage cheese
4 ounces uncooked medium noodles (3 cups)
1 28-ounce can whole tomatoes, cut up
1 tablespoon dried parsley flakes
1½ teaspoons dried basil, crushed
1 teaspoon salt
1 cup (4 ounces) shredded mozzarella cheese

In 12-inch skillet, cook beef and onion till meat is brown and onion is tender; drain off fat. Stir in tomato sauce and ½ of the spaghetti sauce mix. Spread cottage cheese in a layer over sauce; then add a layer of noodles. Combine remaining spaghetti sauce mix, tomatoes, and seasonings. Pour over noodles. Cover and simmer 25 minutes. Uncover; sprinkle with cheese. Cover to melt cheese. Makes 6 servings.

Mrs. Kenneth Mulder, Cadillac, Mich.



Does working interfere with being a mother?

"Our family has always been very close. But my working has added something. It's made me a more interesting person to Shawn. It's helped her understand the value of pursuing something you want and enjoy and seems to make it easier for her to express her own ideas. I like that."

Mrs. Nancy Kay Condylis
Shawn Condylis, Age 10

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FACT: 409 is a powerful disinfectant. Actually stops mildew up to 7 days.

409: The easy way to get your bathroom scouring powder clean.



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continued from page 78

Food from harvest festivals

1 cup (4 ounces) shredded sharp process American cheese
1 well-beaten egg
6 tomato slices
3 English muffins, split and toasted

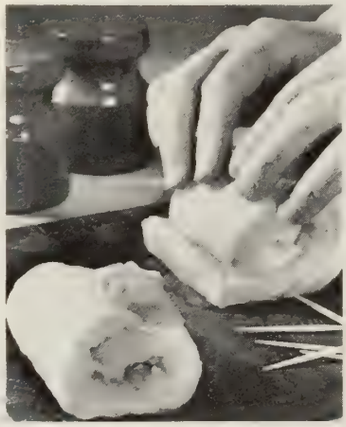
Soak cod in water to cover for 8 to 10 hours. Drain. Cook fish, covered, in water for 8 to 10 minutes or till fish flakes easily with fork. Drain and dice. In saucepan, melt butter or margarine; blend in flour, mustard, and cayenne. Add milk and worcestershire all at once. Cook and stir till mixture is thickened and bubbly. Add cheese, stirring till melted. Add a moderate amount of hot mixture to egg; return to mixture in pan. Cook and stir 1 minute more. Stir in cod; heat through. Serve immediately over tomato-topped English muffin halves. Garnish with parsley, if desired. Makes 6 servings.

HADDOCK PROVENCALE

An elegant entrée made with budget-wise ingredients—

6 haddock fillets (1½ pounds)
Salt
Paprika
¼ cup chopped onion
1 clove garlic, minced
1 tablespoon butter or margarine
½ cup dry white wine
2 tomatoes, peeled, seeded, and coarsely chopped *or* 1 16-ounce can tomatoes, drained and cut up
1 3-ounce can chopped mushrooms, drained
2 tablespoons snipped parsley
1 vegetable bouillon cube
1 teaspoon sugar
2 teaspoons cornstarch
¼ cup cold water

Photographs: Dieter



Sprinkle each fillet with salt and paprika. Roll up fillets; secure with wooden picks. Cook onion and garlic in butter or margarine till onion is tender but not brown. Add wine. Stir in tomatoes, mushrooms, the snipped parsley, bouillon, and sugar; bring to boiling. Add fish; reduce heat. Cover and simmer about 15 to 20 minutes or till fish flakes easily. Remove fish to platter; keep w... Combine cornstarch and ... water. Add to liquid in s... Cook and stir till mixture ... ens and bubbles. Spoon ... over fish. Garnish each rol... a mushroom slice, if de... Makes 6 servings.

SCALLOPS EN BROCHETTE

Italian salad dressing and ... flavor the scallops—

1 pound fresh or frozen scall...
¼ cup Italian salad dressing
¼ cup dry white wine
12 small whole mushrooms
½ cup fine dry bread crumbs
4 slices partially cooked bac... cut in 1-inch squares
1 large green pepper, cut in 1... inch squares (1 cup)

Thaw scallops, if frozen. C... large pieces. In bowl, co... salad dressing and wine. ... scallops and mushrooms in ... ing mixture. Cover; let sta... room temperature 1 hour. D... reserving marinade. Coat sc... with bread crumbs. Alte... scallops with bacon, mushr... and green pepper on 4 long ... ers, ending with a mushr... Grill over medium coals 8 ... minutes or just till scallop... tender. Turn often and ... vegetables with marinade. M... 4 servings.

SEAFOOD ASPARAGUS CASSEROLE

2 10-ounce packages frozen asparagus spears
1 cup cubed cooked lobster c... 1 5-ounce can lobster, drai... and broken in pieces
1 cup shelled cooked shrimp *or* 1 4½-ounce can medium shrimp, drained

cont...

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We all know food prices have been rising . . . Here's why

MOST OF YOUR FOOD DOLLAR GOES FOR LABOR
Retail food labor is up 80% since 1960. All told, 50% of today's food dollar pays labor for processing and shipping.

CONSUMER DEMAND HAS OUTRACED SUPPLY
Demand for meat (your biggest grocery expenditure) doubled in the past twenty years even though costs of raising beef cattle have skyrocketed.

FOREIGN NEEDS PRESSURE PRICES
Healthier economies and increased demands allow foreigners to outbid us for food. Exports of poultry and turkey are up and fruits, nuts and vegetables are at an all time high.

NATURAL DISASTERS CONTRIBUTED TO SHORTAGES
Poor weather here and abroad contributed to shortages in corn, soybeans, vegetables and grain—driving prices up all over the world. Soybeans, a principal feed, are up 126%, for example.

YET FOOD TAKES A SMALLER SHARE OF INCOME THAN 20 YEARS AGO In 1953 you spent 22% of your disposable income on food. By 1973, it had dropped to 16%.

PROCESSORS AND RETAILERS ARE BEING SQUEEZED HARDEST
Farm prices rose 36.4% in 1973. Wholesale prices for packaged goods were up over 20.6%. Retail food at home advanced only 16.3%.

Food chains profits dwindled to .6% (six-tenths of one percent) by July, 1973, lowest of any major U.S. industry. The reason: *Intense competition prevents increases from being passed along to consumers as quickly as they occur.*

THE TRUTH ABOUT FOOD PRICES
We will have to accept the higher price levels. World demand for food is growing, and increased production is needed to stabilize the situation. In the meantime, wasting energy in a search for scapegoats to blame is not going to help. Food is still your biggest bargain.

Thomas J. Lipton, Inc.

How to cut down your calories without utting out your desserts.



Just be sure the next dessert you eat is our Frothy Peach Cooler.

It's made with sugar-free Knox® and sugar-free Diet Delight®. A mere 91 calories with a peach on top.

Even if you gorge yourself, that little voice in your head will never go nag, nag, nag.



The Frothy Peach Cooler

1 can 16 oz. (or 2 cans 8 oz.) Diet Delight Cling Peach Slices, drained (reserve juice)
6 tsp. sherry (or brandy)
1 env. Knox Unflavored Gelatine
1/3 cup boiling water
2 tbsp. sugar
1 tbsp. lemon juice

FAMILY FOOD IDEAS

Reserve 4 peach slices; drizzle with 2 teaspoons sherry. Chill.

In 5-cup blender container, sprinkle gelatine over reserved juice; let stand until gelatine is moistened. Add water and blend at low speed until gelatine is dissolved, about 2 minutes. Add remaining peaches and sherry, sugar and lemon juice; blend at high speed until fruit is pureed, about 2 minutes. Pour into 4 dessert glasses or dishes and chill until set. Just before serving, garnish with reserved peach slices. Makes 4 servings of 91 calories each.

great go-togethers!



Rice-A-Roni and Kikkoman Teriyaki

Go gourmet tonight! Discover the exciting flavor of Kikkoman Teriyaki Sauce and the dining-out elegance of Fried Rice-A-Roni. Try these easy-to-do recipes that taste so deliciously gourmet.

Teri-Roni Chicken

½ cup Kikkoman Teriyaki Sauce*
1 tablespoon lemon juice
¼ teaspoon pepper
1 3-pound broiler-fryer chicken, cut up
1 package Fried Rice-A-Roni

Combine first three ingredients. Arrange chicken pieces, side by side, in shallow baking pan; pour sauce over chicken. Turn pieces over several times to coat. Cover pan with foil; bake in 425° oven 30 minutes. Remove foil; turn pieces over and bake 15 minutes longer, or until chicken is tender. Meanwhile, prepare Fried Rice-A-Roni according to package directions. Serve with chicken. Makes 6 servings.

Teri-Roni Burgers

1 package Fried Rice-A-Roni
1½ pounds ground beef
⅓ cup finely chopped celery
3 tablespoons Kikkoman Teriyaki Sauce*
1 tablespoon sesame seed, toasted
¼ teaspoon garlic powder

Prepare Fried Rice-A-Roni according to package directions. Meanwhile, thoroughly combine remaining ingredients. Shape into patties; broil, grill or pan-fry to desired degree of doneness. Serve with Rice-A-Roni. Makes 6 servings.

*Teriyaki sauces vary in taste and quality—do not substitute.

continued

Food from harvest festivals

3 hard-cooked eggs, sliced
2 envelopes hollandaise sauce mix
½ cup dairy sour cream
¾ cup soft bread crumbs (1 slice bread)
1 tablespoon grated parmesan cheese
1 tablespoon butter or margarine, melted

Cook the asparagus according to package directions; drain well on paper toweling. Arrange asparagus, lobster, and shrimp in 10x6x2-inch baking dish. Arrange egg slices atop asparagus. Prepare hollandaise sauce mix according to package directions, using milk for the liquid. Remove from heat. Stir in sour cream. Spoon over casserole. Combine bread crumbs, parmesan cheese, and butter or margarine; sprinkle over casserole. Bake in 350° oven for 20 to 25 minutes or till heated through. Makes 6 servings.

INDIVIDUAL CLAMBAKES

Seal the foil well to hold in the flavorful juices—

16 clams in shells
4 frozen lobster tails (about 9 ounces each), thawed
2½- to 3-pound broiler-fryer, cut up
3 tablespoons butter or margarine, melted
Rockweed or parsley
4 ears fresh corn on the cob
¾ cup butter or margarine, melted

Thoroughly wash, drain, and rinse clams in salted water (⅓ cup salt to 1 gallon water) three times. With sharp kitchen shears, cut down both sides of lobster



tails; pull off thin underside membrane. Brush chicken pieces with the 3 tablespoons butter or margarine. Grill chicken over hot coals, skin side down, for 10 minutes. Tear off eight 3-foot lengths of wide heavy foil. Place 1 sheet crosswise over another sheet. Repeat, making a total of 4 packages. Place a handful of rockweed or parsley in center of each. Cut four 18-inch square cheesecloth; place 1 square rockweed in each package.



each package, arrange the following: 4 clams in shell, 1 lobster tail, a fourth of the chicken pieces, and 1 ear of corn. Securely tie opposite ends of cheesecloth around fish, meat, and vegetable. Seal foil, opposite edges together, using the drugstore fold. Place on grill, seam side up, over hot coals. Grill 45 minutes or till chicken is done. Serve with individual cups of the hot melted butter. Makes 4 servings.

YORK SPRINGS APPLE PIE

Slightly cook and thicken sliced apples before putting them into the piecrust—

8 cups sliced pared Golden Delicious apples
¾ cup water
2 tablespoons lemon juice
½ cup granulated sugar
2 tablespoons cornstarch
¼ teaspoon seasoned salt
1 teaspoon butter or margarine

• • •

1½ cups all-purpose flour
½ teaspoon salt
½ cup shortening
4 to 5 tablespoons cold water
¼ cup all-purpose flour
2 tablespoons brown sugar
⅛ teaspoon baking soda
1 tablespoon butter or margarine
Green and red decorative sugar

In large saucepan, combine apples, the ¾ cup water, and lemon juice. Bring to boiling. Cover; reduce heat and simmer till apples are slightly transparent, about 5 minutes, stirring occasionally. Remove apples from liquid, reserving liquid. Combine granulated sugar, cornstarch, seasoned salt, and the 1 teaspoon butter or margarine. Measure liquid (should have about 1 cup). Add cornstarch mixture; cook and stir till mixture thickens and bubbles. Stir into apples; cool fruit mixture in refrigerator while preparing pastry.

To make pastry, stir together the 1½ cups flour and ½ teaspoon salt; cut in shortening till pieces are the size of small peas. Sprinkle 1 tablespoon water over part of mixture. Gently

with fork; push to side of bowl. Repeat till all is moistened. Form into a ball. Flatten on lightly floured surface with hand and roll out to ⅛-inch thickness. Line 9-inch pie plate, building extra-high edges. Trim and flute edges, reserving trimmings. Turn cooled apple mixture into pastry shell. Combine the ¼ cup all-purpose flour, brown sugar, and baking soda. Cut in the 1 tablespoon butter till mixture is crumbly. Sprinkle over pie. Re-roll reserved pastry trimmings and cut out 5 apples with cookie cutter or paper pattern. Arrange atop pie. Sprinkle apple portion of cutouts with red sugar and leaf portion with green sugar. Bake in 400° oven 35 to 40 minutes or till done. If crust browns too quickly, cover edge with foil.

GOLDEN APPLE ALASKA

The meringue covers a cranberry-nut-filled center in each apple—

4 tart medium cooking apples
½ cup water
½ cup cranberry-orange relish
2 tablespoons chopped walnuts
1 tablespoon brandy
2 egg whites
¼ teaspoon cream of tartar
¼ teaspoon vanilla
¼ cup packed brown sugar

Core apples, enlarging cavity slightly. Pare about ¼ of the way down. In skillet, bring water to boiling. Reduce heat; add apples and simmer, covered, 10 to 15 minutes or till apples are just tender. Do not overcook. Meanwhile, combine relish, nuts, and brandy. Remove apples from water; drain on paper toweling. Pile relish mixture into apple cavities. Cool 10 minutes while making meringue. Beat egg whites with cream of tartar and vanilla till soft peaks form. Gradually add brown sugar, beating to stiff peaks. Place apples on baking sheet. Pipe meringue from



pastry tube with medium star tip in spiral around apples, starting at base and covering apple completely. Bake in 300° oven about 30 minutes or till very lightly browned. Insert a piece of stick cinnamon in each for stem, if desired. Makes 4 servings.

SPAM Spread gives you meat enough for four sandwiches. About 55¢.*



This 4½-ounce can of SPAM Spread packs a big bargain. It's a good-tasting blend of pork shoulder and ham meat. It costs you less than the leading deviled ham spread.* And ounce for ounce, gives you more meat than ready-mixed meat salads. Spread a little SPAM Spread for lunch tomorrow. Spend little. Eat big.



*Based on an independent survey of retail prices
SPAM is a registered trademark for a pork product packed only by Hormel

Hormel

FAMILY FOOD IDEAS

CARAMELIZED APPLE PARFAITS

Use a tart apple variety such as Greening, York, Winesap, or Jonathan—

½ cup granulated sugar
1 tablespoon water
4 tart medium cooking apples, pared, cored, and sliced (4 cups)
¾ cup quick-cooking rolled oats
½ cup packed brown sugar
4 tablespoons butter or margarine, melted
¼ teaspoon ground cinnamon
1 4-ounce package soft-style vanilla whipped dessert mix
½ cup dairy sour cream

In a heavy 8-inch skillet, heat granulated sugar over medium heat, stirring constantly, till melted and rich amber color. Remove from heat and cool 1 to 2 minutes; add water. Return to heat and cook and stir till melted. Add apples. Cover; cook over low heat, stirring occasionally, till apples are very soft, about 20 minutes. Do not drain. Turn into storage container. Cover and chill. In 8x8x2-inch baking pan, combine oats, brown sugar, butter or margarine, and cinnamon. Bake in 350° oven for 10 minutes. (Mixture will not be crisp.) Cool and crumble. Prepare dessert mix according to package directions. Fold in sour cream. Layer dessert mix, apples, and oatmeal mixture in parfait glasses. (Any extra oatmeal mixture may be used as ice cream topper.) Makes 6 servings.

FRESH APPLE CAKE

Apple makes this cake moist—

½ cup butter or margarine
1 cup sugar
1 egg
1½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
½ teaspoon salt
2½ cups very finely chopped tart cooking apples (about 1 pound apples)
½ cup coarsely chopped walnuts

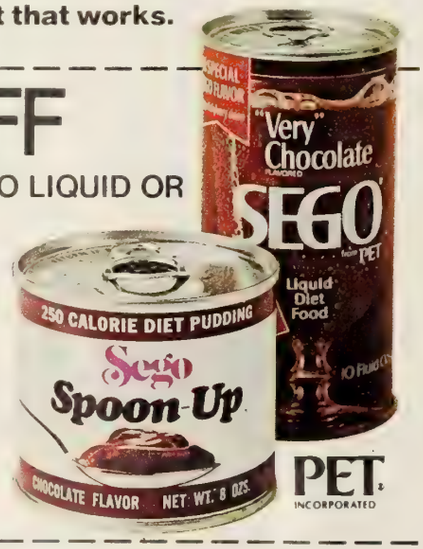
In mixer bowl, cream butter or margarine and sugar; beat in egg. Thoroughly stir together flour, baking soda, cinnamon, nutmeg, and salt. Stir into creamed mixture. Stir in apple. Turn into ungreased 9x9x2-inch baking pan; sprinkle with chopped nuts. Bake in 350° oven for 40 to 45 minutes or till cake tests done. Serve cake squares warm or cool with whipped cream or ice cream.

continued



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STORE COUPON D-103

continued

Food from harvest festivals

APPLE HARVEST OPEN-FACERS

The pickle relish adds color and tart flavor to the sauce—

1 12-ounce can luncheon meat
1½ cups apple cider
2 tablespoons sugar
1 teaspoon worcestershire sauce
2 tart cooking apples, pared and thinly sliced (2 cups)
¼ cup chopped onion
2 tablespoons sweet pickle relish
2 tablespoons cornstarch
3 tablespoons cold water
6 slices French bread, toasted

Cut meat into 18 thin slices. In saucepan, combine cider, sugar, and worcestershire; add sliced apple and onion. Bring to boiling. Reduce heat and simmer till apples are tender, about 5 minutes, stirring occasionally. Stir in relish. Combine cornstarch and cold water; add to cider mixture. Cook and stir till mixture is thickened and bubbly. Add sliced meat; heat through. For each sandwich, place 3 slices meat atop a bread slice. Spoon some sauce over. Makes 6 servings.

CINNAMON APPLE SALADS

As the apples stand, they absorb the bright red color of the cinnamon candies—

½ cup red cinnamon candies
2 cups water
6 small tart apples, pared and cored
1 3-ounce package cream cheese, softened
2 tablespoons milk
1 teaspoon lemon juice
1 8¾-ounce can crushed pineapple, drained
⅓ cup snipped pitted dates
2 tablespoons chopped walnuts
Lettuce

In 3-quart saucepan, cook cinnamon candies in water till dissolved. Add apples and cook slowly, uncovered, just till tender, about 15 to 20 minutes, turning once during cooking. Refrigerate apples in syrup several hours, turning once. Blend together cream cheese, milk, and lemon juice till smooth and creamy. Add pineapple, dates, and walnuts. Drain apples; stuff centers with cream cheese mixture. Serve on lettuce-lined plates. Makes 6 servings.

EASY CHEESE BAKED CORN

Vary the flavor of the whipped cream cheese to suit your menu—

1 4-ounce package whipped cream cheese with chives
4 tablespoons butter or margarine, softened
¼ teaspoon salt
Dash pepper
6 ears fresh corn on the cob, husked and silks removed

In small bowl, stir whipped cream cheese into butter or margarine; add salt and pepper; blend thoroughly. Place ea... of corn on 12-inch square ... Spread each ear with a ge... tablespoon of cream chees... ture; fold up and seal foil... drugstore fold. Place on ... sheet, seam side up. Bake i... oven for 45 minutes or till t... Spoon the hot chive chees... ture from the foil packe... ears to serve. Makes 6 ser...

BARBECUED ROASTING E...

A basil barbecue sauce s... the corn—

1 cup catsup
6 tablespoons butter or margarine, melted
2 tablespoons vinegar
2 teaspoons dry mustard
1 teaspoon salt
¼ teaspoon dried basil, crus...
¼ teaspoon onion powder
2 teaspoons worcestershire ...
4 ears fresh corn on the cob, husked and silks removed

Combine catsup, butter or ... garine, vinegar, dry mustar... basil, onion powder, and w... tershire. Place each ear of ... on a 12-inch square of ... Spread each ear with 3 ... spoons of the sauce. Sea... using drugstore fold, all... room for expansion of ... Place on baking sheet, sea... up. Bake in 400° oven for ... 40 minutes or till done. ... remaining sauce and pass ... corn. Makes 4 servings.

CORN RELISH MOLDS

If you have fresh corn, u... cup cooked corn cut from ... place of the canned corn—

1 3-ounce package lemon-flavored gelatin
1¾ cups water
1 tablespoon sugar
2 tablespoons white tarragon vinegar
¼ teaspoon celery salt
1 8-ounce can whole kernel corn, drained
½ cup chopped tomato
¼ cup chopped green peppe...
Bibb lettuce

In medium saucepan, co... all ingredients *except* to... green pepper, and lettuce; ... to boiling. Reduce heat and ... mer, uncovered, for 3 mi... Chill till partially set. Fo... tomato and green pepper. ... into six ½-cup molds. Ch... firm, at least 6 hours. Unmo... lettuce. Pass mayonnaise, ... sired. Makes 6 servings.

CORN-ZUCCHINI BAKE

You can use either a rou... square baking dish—

1 pound (3 to 4 medium) zu...
¼ cup chopped onion
1 tablespoon butter or marga...
2 beaten eggs
1 10-ounce package frozen w... kernel corn, cooked and dr... *or* 2 cups fresh corn cut fro... cob, cooked and drained
1 cup (4 ounces) shredded process Swiss cheese

¼ teaspoon salt
¼ cup fine dry bread crumbs
2 tablespoons grated parmesan cheese
1 tablespoon butter or margarine, melted

Wash zucchini; do not pare. Slice about 1 inch thick. Cook, covered, in a small amount of boiling salted water till tender, about 15 to 20 minutes. Drain and mash with fork. Cook onion in the first 1 tablespoon butter or margarine till tender. Combine beaten eggs, mashed zucchini, onion, corn, Swiss cheese, and salt. Turn into 1-quart casserole or 7x7x1½-inch baking dish. Combine bread crumbs, parmesan cheese, and melted butter or margarine; sprinkle atop corn mixture. Place on baking sheet; bake in 350° oven 40 minutes for 1-quart casserole, 25 to 30 minutes for baking dish, or till knife inserted off-center comes out clean. Let stand 5 to 10 minutes before serving. Garnish with halved cherry tomatoes and parsley. Makes 6 servings.

COLOSSAL CORNBURGER

A grill basket makes it easy to turn the giant burger—

1 slightly beaten egg
½ cup fresh corn cut from cob
½ cup coarsely crushed cheese crackers (8 crackers)
¼ cup chopped green onion
¼ cup snipped parsley
1 teaspoon worcestershire sauce
½ teaspoon salt
½ teaspoon dried sage, crushed
2 pounds ground beef

Combine the egg, corn, crackers, onion, parsley, the worcestershire, salt, and sage. Divide beef in half. On sheets of waxed paper, pat each half to a 9-inch circle.



Spoon stuffing over one circle of meat to within 1 inch of edge. Top with second circle of meat; peel off top sheet of paper and seal edges well. Invert meat patty onto a well-greased grill basket; peel off remaining paper. Sprinkle with additional salt and pepper. Grill over medium coals about 12 to 15 minutes on each side or till done. Garnish with onion rings, if desired. Cut into wedges. Serve with warmed catsup, if desired. Makes 6 servings.

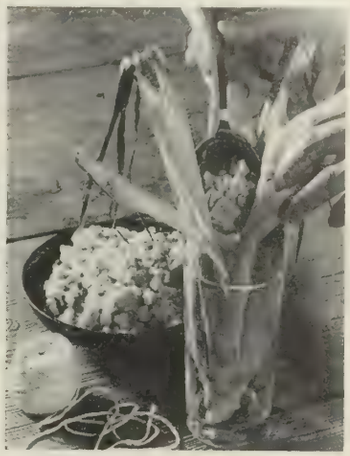
CORNHUSK CHICKEN DINNER

A little egg-cream liquid may seep out as the corn cooks—

6 medium ears fresh unhusked corn
3 slices bacon
¼ cup chopped onion
3 beaten eggs
¾ cup light cream
2 cups soft bread crumbs
2 tablespoons chopped pimiento
1 teaspoon salt
1 teaspoon poultry seasoning
Dash bottled hot pepper sauce
1 cup diced cooked chicken

To prepare corn, shuck 4 ears by turning leaves back *carefully*, one leaf at a time, so husk remains intact. Break off cob at base. Pull out and discard silks. Set husks aside. Husk and remove silks from remaining 2 ears. Cut corn from 6 cobs into mixing bowl. Cook bacon till crisp; drain, reserving 1 tablespoon drippings. Crumble bacon and set aside. Cook onion in reserved drippings till tender but not brown. Add eggs, cream, bread crumbs, pimiento, salt, poultry seasoning, and hot pepper sauce to cut corn. Stir in chicken, bacon, and onion.

To stuff cornhusk, stand it on



its base in a tall straight-sided glass. Spread tops of leaves apart to form a hollow cavity. Spoon about ¾ cup of corn-egg mixture into cavity. Bring tops of leaves together to enclose filling completely. Tie securely at end of husk with string. Lay stuffed cornhusks in large metal colander that fits inside a large deep Dutch oven. Pour in 1-inch water. Bring water to boiling. Reduce heat. Cover; simmer 20 minutes. Pull back leaves to serve. Makes 4 servings.

continued

nder wood makes life taste good.

e game goes into extra innings, the beer is flow- and the men in front of the tube get hungry.
fe.
nderwood Dip.
rned Beef
and chopped
ind grated
heese folded
red
Or onion
) made
ith a can
vurst Spread.

When the family's tired of tuna, and macaroni doesn't look so good but you need a budget stretcher that you can make ahead.
That's life.
Try your famous macaroni and cheese casserole with a twist. Mix in Underwood Deviled Ham. That's the way to make a casserole taste good.



ur daugh- leeps and t time for a sit- eakfast.
e.
rwood's portable
t. Deviled Ham
n buttered toast. It'll
bus stop taste good.

When the school lunch is "icky" and the kids refuse to buy.
That's life.
Try Underwood Chicken Spread and peanut butter on hot dog buns, with a generous slathering of jelly to make their lunch taste good.

FAMILY FOOD IDEAS

derwood Company

HOW CAN YOU IMPROVE THE NATURAL FLAVOR OF YOUR RECIPES?



Accent Flavor Enhancer has the answer

It's one of the natural ingredients you can use to improve the flavor of this dish. It's nature's own Flavor Enhancer.

By the time many foods in this recipe, such as green beans, tomatoes and carrots reach your table they lose some natural flavor elements. One of the most important of these flavor elements is the basic ingredient found in Accent Flavor Enhancer. It's that simple. Just add these pure, white crystals to foods to help restore their fresh, natural flavor.

Try this recipe for a hearty vegetable beef soup and see what a delicious difference Accent Flavor Enhancer makes.

3 lbs. shin beef with bone
3 qts. water
2 tblsp. salt
3 tsp. Accent Flavor Enhancer
2 tsp. Worcestershire sauce
¼ tsp. pepper
1 med. onion, chopped
1 cup sliced green beans
1 cup chopped celery
1 cup sliced carrots
1 cup sliced potatoes
1 cup shredded cabbage
1 turnip, peeled and cubed
1 (lb. 12 oz.) can tomatoes (3½ cup)
2 tsp. parsley flakes

Combine beef, water, salt, Worcestershire sauce, pepper and Accent Flavor Enhancer in large kettle. Cover and simmer until meat is tender, 2½ to 3 hours. Remove meat from soup; cut from bone in small pieces and return meat to soup. Add remaining ingredients. Simmer until vegetables are tender, about 45 minutes. Makes about 6 quarts. Freeze some for days when you're too busy to cook.

To improve the natural flavor of your other recipes, follow directions on the package and figure how much Accent Flavor Enhancer you need for each. Then pencil it in.

Use enough, use it often.



FAMILY FOOD IDEAS

Foods need Accent Flavor Enhancer like flowers need water.

continued

Food from harvest festivals

PEANUT STREUSEL KUCHEN

Two layers of streusel give the cake double peanut flavor—

¼ cup all-purpose flour
¼ cup packed brown sugar
1 teaspoon ground cinnamon
3 tablespoons butter or margarine
½ cup chopped peanuts
2 eggs
1 4½-ounce container frozen whipped dessert topping, thawed
3 tablespoons butter or margarine, melted
2 tablespoons milk
1 teaspoon vanilla
2½ cups packaged biscuit mix
2 tablespoons granulated sugar

Thoroughly stir together flour, the brown sugar, and cinnamon; blend in the first 3 tablespoons butter or margarine till mixture is crumbly. Stir in peanuts; set aside. In mixing bowl, combine eggs, whipped topping, the melted butter or margarine, milk, and vanilla. Add biscuit mix and the granulated sugar; mix well. Spread half of batter in greased 9x9x2-inch baking pan; dot with half the topping mixture. Carefully spread with remaining batter, then sprinkle with remaining topping. Bake in 350° oven for 30 minutes. Makes 1 coffee cake.



PEANUT BUTTER CREAM TORTE

A peanut butter layer is sandwiched between the crust and vanilla pudding—

Pastry for 1-crust 9-inch pie
2¾ cups milk
1 4½- or 5-ounce package *regular* vanilla pudding mix
3 beaten egg yolks
⅓ cup peanut butter
½ cup sifted powdered sugar
3 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
⅓ cup granulated sugar

Remove bottom from an 8-inch springform pan. Roll and cut pastry to fit ¼ inch over edge of bottom. Prick well with fork. Place on baking sheet. Bake in 450° oven 10 to 12 min till golden; cool. (Crust shrink to size of pan bott saucepan, gradually stir n pudding mix; stir in egg Cook and stir over mediu till mixture comes to boil move from heat. Cover of pudding with waxed p clear plastic wrap; cool. C nut butter into powdere till crumbly. Carefully a sides and bottom of spr pan. Pat peanut butter



atop pastry in pan. Spread pudding over peanut butt ture; chill thoroughly. F sides of springform pan egg whites with vanill cream of tartar till soft form. Gradually add gra sugar, beating till stiff form. Spread meringue t all around. Bake in 400 for 10 minutes. Chill befo ing. Makes 8 to 10 servin

PEANUT BUTTER AND JELLY SUNDAES

Next time, use hot fudge in place of the preserves—

6 eggs
2 cups sugar
2 cups whipping cream
2 cups light cream
1 cup peanut butter
4 teaspoons vanilla
Strawberry preserves

In mixing bowl, beat eggs whipping cream, light peanut butter, and vani gether thoroughly. Pou three 3-cup refrigerator Freeze till partially frozen. fer mixture to cold mixer beat smooth. Return to ref tor trays. Freeze firm. To scoop ice cream into dishes. Drizzle strawberr serves over each serving. about 2 quarts ice cream.

CHICKEN SALAD ORIENT

An easy main dish to serv hot day—

Torn lettuce
3 cups diced cooked chicke
1 13¼-ounce can pineapple chunks, chilled and draine
1 5-ounce can water chestn chilled, drained, and slice
2 tablespoons sliced green o
¼ cup peanuts, halved

our cream
ound ginger
all
of torn lettuce in
rrange the chicken,
ater chestnuts, and
ver lettuce. Sprinkle
r. Combine sour
r, and salt. Serve
akes 4 to 6 servings.
ROWNIES
ookie—
butter or margarine
unces) unsweetened

butter

ose flour
aking powder
alt
anilla
d peanuts
ucepan, melt butter
and chocolate over
ol. Blend in peanut
igar. Beat in eggs,
Stir together flour,
r, and salt; add to
xture along with
till smooth. Stir in
ur into greased
aking pan. Bake in
0 to 25 minutes.
rs.
ICED SNACKS
ulty flavors go to-
se flavorful peanut

ound allspice
ound cinnamon

broken
, beat egg white till
rm; gradually add
es, beating till stiff
old in peanuts and
from teaspoon in
greased baking
325° oven for 20
l lightly browned.
n pieces.
APE
E
se-filled pie frozen
fore serving—
a wafer crumbs

utter or margarine,

herry
white frosting
er cake)
d cream-style
se
r cream
lly
eam sherry
s, halved,
drained
r crumbs and but-
ne. Press firmly in
e. Heat the ½ cup
ng. In mixer bowl,
frosting mix; beat
igh speed of elec-
anwhile, place cot-
nd sour cream in



Have dinner for lunch.

When this man works, he works hard. And he has to keep going until the job is done. He can build up quite an appetite.

A man like this needs a lunch that can really stay with him through the day.

That's where Dinty Moore comes in.

Dinty Moore Beef Stew contains the same good things you'd expect in a good dinner. Meat, potatoes, carrots and a good meat gravy with bits of beef right in it. Mmm!

A meal like this really satisfies, just like a good dinner. It's just more convenient.

So you can have it for lunch.





Hormel
FINE FOOD PRODUCTS

FAMILY FOOD IDEAS



Banana Breeze

A luscious, creamy, no-cook filling in a crunchy, no-bake crumb crust. Convenience ingredients cut your time and work. Almost as easy as peeling a banana. Here's how:

No-Bake Crust

1/3 cup regular margarine or butter
1/4 cup sugar
1/2 teaspoon cinnamon (optional)
1 cup Kellogg's® Corn Flake Crumbs

Melt margarine, sugar and cinnamon in small saucepan.
Place over low heat, stir constantly until bubbles form around edges of pan; remove from heat.
Add Corn Flake Crumbs; mix well.
Press mixture evenly in 9-inch pie pan to form crust. Chill.

No-Cook Filling

1 package (8 ounces) cream cheese, softened
1 can Eagle® Brand Sweetened Condensed Milk (not evaporated milk)*
1/3 cup bottled lemon juice (measure accurately)
1 teaspoon vanilla extract
5 medium size ripe Dole® bananas
2 tablespoons bottled lemon juice

*Magnolia® or Dime® Brands may be used.

Beat the cream cheese until light and fluffy.
Add sweetened condensed milk. Blend thoroughly.
Add 1/3 cup lemon juice and vanilla and stir 'til thickened.
Slice three of the bananas; line crust with banana slices.
Turn filling into crust. Refrigerate 2 to 3 hours, or 'til firm. (Do not freeze.)
Slice the other two bananas and dip in remaining lemon juice. Garnish top of pie with banana slices as shown.
Yield: 8 servings.



FAMILY FOOD IDEAS

continued

Food from harvest festivals

blender container. Cover; blend till smooth. Pour into a bowl; fold in frosting. Pour into prepared crust. Freeze overnight.

One hour before serving, remove pie from freezer. Combine grape jelly and the 1 tablespoon sherry in small saucepan. Cook and stir to boiling. Boil 1 minute. Remove from heat; allow mixture to cool 5 minutes. Arrange grape halves on top of pie. Glaze grapes with jelly mixture. Return to refrigerator till serving time.

BURGUNDIED HAM VERONIQUE

An easy and tasty way to glamorize ham steak—

2 tablespoons butter or margarine
2 tablespoons sugar
Dash ground ginger
2¼-pound fully cooked ham slice, 1½ inches thick
1 tablespoon chopped green onion
¾ cup burgundy
1 tablespoon cornstarch
¼ cup cold water
1 cup seedless green grapes, halved

Melt butter or margarine in large skillet. Sprinkle in sugar and ginger. Brown ham quickly on both sides in butter-sugar mixture. Remove ham from skillet. Cook onion in drippings till tender but not brown. Blend in wine; cook and stir till boiling. Combine cornstarch and water; add to wine mixture. Cook and stir till mixture is thickened and bubbly. Return ham to skillet; cover and cook over low heat for 15 minutes. Add grapes; cook 1 to 2 minutes more. Transfer ham to warm platter. Spoon on grapes and sauce. Makes 6 servings.

DOUBLE ORANGE SANGRIA

To bruise the orange peel, press it firmly against the pitcher with the back of a spoon—

½ orange
¼ cup sugar
1 4/5-quart bottle (about 3¼ cups) dry red wine
½ cup orange liqueur
2 7-ounce bottles (about 2 cups) carbonated water, chilled

Thinly slice the outer peel from orange. Put in large pitcher with sugar. Bruise peel. Add wine and liqueur. Chill. Just before serving, remove peel. Pour in carbonated water, stirring it lightly. Serve in tall glasses with ice. Makes about 6 cups.

LEMONY TOKAY AND MELON COMPOTE

3 cups cantaloupe cubes
2 cups red grapes, halved and seeded
1 3-ounce package cream cheese, softened
¼ cup sugar
3 tablespoons milk
1 cup lemon yogurt

Combine cantaloupe and
chill. Beat cream chee
sugar and milk till fluffy;
yogurt. Spoon over fruit i
ing bowl. Makes 6 serving

SAN JOAQUIN PLATTER

¼ cup cooking oil
½ cup dry white wine
1 pound beef flank steak, b
cut in very thin 3-inch str
4 ounces whole fresh mush
1 small onion, sliced
3 tablespoons chopped gre
onion
1 clove garlic, minced
4 tablespoons butter or ma
¾ cup beef broth
⅓ cup dry white wine
¼ teaspoon salt
2 tablespoons cornstarch
1 cup light cream
2 10-ounce packages froze
broccoli spears
1 15-ounce can potatoes, s
Garlic salt

Combine cooking oil and
cup wine; pour over
shallow dish. Cover; mar
room temperature 2 hou
ring occasionally. Drai
well and set aside. In
skillet, cook mushrooms,
green onion, and garlic i
or margarine till vegeta
tender but not brown.
beef broth, ⅓ cup wine,
Blend cornstarch and
Add to broth mixture. C
stir till mixture thicke
bubbles. Remove to bow
warm. Cook broccoli sp
cording to package dir
drain and keep warm. H
tatoes in separate sauce
hot skillet, cook draine
quickly, about 1½
sprinkle generously with
salt. Arrange broccoli, p
and meat on serving
Spoon sauce mixture ov
Makes 4 servings.

MULLED WINE FONDUE

1 cup cranberry juice cockt
½ cup granulated sugar
1 inch stick cinnamon
¼ teaspoon whole allspice
¼ teaspoon whole cloves
Dash salt
Dash ground nutmeg
3 tablespoons cornstarch
1 cup ruby port
Fresh whole strawberries, h
Honeydew melon cubes
Fresh papaya cubes

In saucepan, combine cra
juice, sugar, cinnamon,
cloves, salt, and nutmeg
to boiling; cover and sim
minutes. Strain through
return to saucepan. Blen
starch with ¼ cup of th
Add to cranberry juice
along with remaining win
and stir till mixture is thi
and bubbly. To serve, po
fondue pot; keep warm ov
due burner. Dip fruit i
sauce with fondue forks.
2 cups sauce.

Robust flavor. That's what the English like about their cheddar cheese. And that's the kind of cheddar flavor you get in Kraft Macaroni and Cheese Dinner. The good kind you cook up fresh.



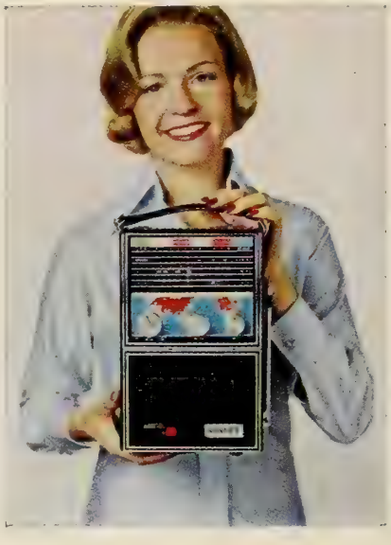
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Tupperware has been busy introducing fresh ways for you to save time, money—and flavor—in foods. Look at a few of our newest: **A.** Thin-Stor, for keeping crunchy foods crunchy. **B.** 1-quart Strainer. **C.** New Servalier® Bowl Set in convenient 20-oz. size. **D.** Mustard and Catsup Set—so handy, so neat. **E.** Decorator Beverage Set—handsome pitcher and six tumblers. Catch up with these and all our other practical products at a Tupperware Party. Come soon!



A Tupperware Lady will tell you how to qualify for this multiband AM-FM radio.

Why not invite a friendly Tupperware Lady into your home and have a Tupperware Party? It's easy and fun. Your Tupperware Lady will help you plan it, and tell you how you may become eligible for a special hostess gift. For parties held by September 28, the special gift is a multiband AM-FM portable radio. Phone Tupperware for details. (We're in the white pages of the phone book.) And have a party soon!

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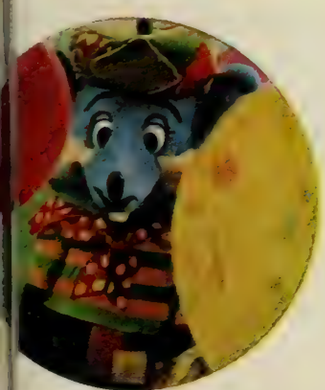
SUPER COLOSSAL AMUSEMENT PARKS





AMERICA'S 15 BEST

By Gordon G. Greer









The little fellow with the big ears needs no introduction, nor do the two Magic Kingdoms at which he presides. Disneyland, California, and Walt Disney World, Florida, are renowned throughout most of the civilized world. But how many of these other comic characters can you name? They're some of Mickey's counterparts at other top-notch theme parks where millions of families are being entertained this summer with thrill rides, stage shows, and youthful good cheer in bright, colorful settings as wholesome as apple pie and mother.

The success of the established parks is bringing others into the act. Adventureland opened a few weeks ago in Des Moines. Kings Dominion is abuilding near Richmond, Virginia; it opens next spring, as does Busch Gardens at Williamsburg. Bugs Bunny, Porky Pig, Elmer Fudd, and Road Runner will greet future visitors to "Marriott's Great America" parks in Santa Clara, California (scheduled to open next year), Gurnee, Illinois, just north of Chicago ('76), and Prince William County, Virginia ('77).

Although your family could have a fine time at almost any theme park, some are inevitably more promising than others. America's 15 best—in one man's opinion—are described here in geographical order, west to east. They were chosen after visits to all the logical contenders, often in the company of one or more children whose own evaluations were taken carefully into account. Places where the emphasis is primarily on animals—Tampa's Busch Gardens, Lion Country Safari, and so on—were considered too specialized for inclusion on the list. The same goes for aquatic parks like Marineland and Sea World.

Magic Mountain, Valencia, California (34 miles northwest of downtown Los Angeles, just off Interstate-5). In a spacious, pleasant setting seldom reached by L.A.'s smog, Magic Mountain is about as typical as a theme park can get. It's cheerful, neatly landscaped, efficiently laid out, populated by a wizard and a family of trolls—Bloop, Bleep, and Blip—and its assortment of diversions, though in no way unique, fulfills a visitor's every expectation. In all, there are 40-some rides and attractions, includ-

ing a Sky Tower, a monorail, a steam-engine train, a Children's World with a galaxy of rides tame enough for youngsters too short to meet the height requirements for scarier adventures, a funicular railway, an animal farm, a dancing water show in which fountains rise and fall to music, and enough thrill rides to make even strong stomachs a bit queasy. The most popular of these, as at many other theme parks, are the flume rides that manage to get you just a little bit wet (known at Magic Mountain as the Log Jammer and the Jet Stream) and the roller coasters (the Gold Rusher and the Mountain Express). Musicians of all persuasions, from marching bands to rock guitarists, perform all day long all over the place—in the Contempo Pavilion, the Carousel Bandstand, La Cantina Plaza, or just strolling the grounds. And at the Showcase Theater, which seats 3,400 people, the variety acts that hold forth in the daytime give way after dark to big-name entertainers—familiar figures like Connie Stevens, Frankie Avalon, Pat Boone, The Supremes, the Johnny Mann Singers, Jerry Lee Lewis,











Photographs:
Gordon G. Greer

Eddie Kendricks, and Donna Fargo.

Magic Mountain has a one-ticket-covers-everything policy, which means adults get total access to the whole package of entertainment for the admission price of $5.95. Children from three through 11 get in for $4.95, and those under three don't have to pay. Summer hours (through September 9) are 10 a.m. to midnight daily. After that, the park is open only on weekends and holidays, with a 10 p.m. closing in September and October and a 6 p.m. closing from November through May, after which the summer schedule starts over.

Japanese Village, Buena Park, California. Situated within minutes of both Disneyland and Knott's Berry Farm, Japanese Village is in many ways dissimilar from any other theme park in America. It has no thrill rides, for example, nary a one in the whole place. Purists could even argue that it isn't a theme park at all, that it more closely resembles a circus or a cultural journey to Japan. Perhaps, but why quibble? Let's include it here anyhow. Most families enjoy it, especially those with younger children, and that, after all, is what counts.

Instead of thrill rides, what you'll find here is an assortment of outdoor shows that follow a staggered schedule so you can see them in easy succession. After the karate exhibition at 11:45, for instance, you could stay in the same theater for the bear show at noon, then move to the Pearl Lagoon at 12:15 to witness the traditional Japanese tea ceremony, and from there go to the Sea Theater for sea lion show, followed at 12:45 by the macaw show. The dolphin show and samurai show await you after lunch (the Great Teahouse of the Moon serves Japanese delicacies as well as American sandwiches and snacks), and you'll undoubtedly want to visit the wild animal arena where shows are presented three times daily.

The park has an Oriental ambien course—in the architecture, the ga the kimono-clad hostesses—and ther other popular diversions that nicely plement the shows: pearl divers and p ko parlors and Japanese koi fish so they let you pet them as they take food out of your hand. Kids who enter the park bearing goodies for the fawns n literally bowled over by the warmth o reception. New this year is a musical mer Spectacular," in which gilded moon kites, and inflatable dragons add to the enactment of a Japanese legend presented in song and dance twice evening.

From now through Labor Day, the is open daily, 10-11. During the fa winter months, the hours are shorter, with the park closed on Friday, when holidays fall on Friday. All th tertainment is covered by the adm ticket: $3.75 for adults, $1.75 for ch ages four through 11.

Knott's Berry Farm, Buena Park fornia. Although Disneyland was th theme park to get nationwide atte Knott's Berry Farm, its neighbor five miles due west, predates it b years. It started as a berry farm v food-to-take-home stand. The bu then expanded to include a family resta and word spread quickly about its fried en dinners; waiting lines at the door got and longer. To keep patrons entertained u table was ready, the Knotts built Ghost Town, a gold rush community and the nucleus from whic theme park evolved.

Ghost Town remains the hub of the entertainment operation shoot-outs, melodramas, a narrow-gauge railroad, an open-air t for western style music, a mine where you're invited to pan for another mine (this one underground) you can explore in an ore ca the biggest thrill for youngsters, the Log Ride. The adjoining th areas are Mexican-flavored Fiesta Village (folk dancers, wan guitarists, a pet-the-animals farm) and Gypsy Camp, with magic s wild animal acts, and the 2,150-seat John Wayne Theater, wher name entertainers appear nightly in the summer. Then, across Boulevard (you get there through an underpass), there's an authen detailed replica of Independence Hall where you can examine a f ile of the Liberty Bell and attend a sound-and-light show in Decla Chamber that attempts to recapture the historic events of 1776.

Mrs. Knott's fried chicken dinners are as tasty as ever, and now t a second restaurant, this one featuring steak.

Through Labor Day, the park is open from 9 to midnight daily (

d Saturday nights to 1). The rest of the year, the weekday hours are -6, with closing time 10 on Friday and Saturday, 9 on Sunday. General mission is $2.25 (kids 11 and under, $1), but you must then pay extra the rides. The Bonanza Fun Ticket Book, which covers admission d six rides, costs $3.75 for grown-ups, $2.50 for children.

Disneyland, Anaheim, California (27 miles southeast of downtown s Angeles). What more needs to be said about this world-acclaimed enomenon except that every year it keeps getting bigger and better? On occasion of its opening in 1955, Walt Disney remarked that "Disland will continue to grow, to add new things, as long as there is agination in the world," and his promise has not been betrayed. There re then 22 major attractions in the park; now there are 54. Anal attendance has grown from four million to this year's dictions for roughly ten million. The explanation, then l now, for this remarkable success lies in the nitable Disney touch—a special mixture of talgia, inventiveness, fantasy, meticulous attion to the smallest detail, unwavering inence on a high-quality product, and a pond understanding of the American public. lthough Disneyland has top-notch live ws and many thrills—the Matterhorn h its high-speed bobsleds, for instance—at makes it unique are the so-called rk" attractions, thus named because 're contained inside buildings.









hing at any other theme park in Amer- (except Walt Disney World, where y of the Disneyland attractions are icated) is a match for the Haunted sion, or the Pirates of the Caribbean, he corny but enjoyable Country Bear boree, or It's a Small World, perhaps most delightful of them all. The technical vation and sheer charm of these attrac- put the Disney operation in a class all self.

id-June through Labor Day, the gates are open from 8 a.m. to 1 a.m. The hours the rest of the year 10-6 on weekdays (except Monday and Tuesday, when the is closed) and 9-7 on Saturday and Sunday. Around holidays, those s are extended. Unlike most other theme parks, which have an allsive gate price that eliminates the necessity of fooling around with tickets, Disneyland persists in requiring a coupon for each ride. to complicate matters, there are five types of coupons. The "Big 11" t book, the most popular way to buy them, admits you to the nds and contains 11 assorted ride tickets; it costs $5.50 for adults, or juniors (those aged 12 through 17), and $4.50 for kids (3-11).

x Flags Over Texas, Arlington, Texas. Located halfway between as and Fort Worth, about a 15-minute drive from their new airport, world's largest, Six Flags Over Texas, the oldest of the three Six theme parks, is now in its thirteenth year of operation. In that time s entertained more than 22 million people with zingy thrill rides, stage shows, and Texas-style extras—like the shoot-outs that erupt 45 minutes—in a nicely landscaped setting that this year is even ier after a $2 million refurbishing of the whole park. The new look also includes a 4,000-seat amphitheater to accommodate larger audiences for big-name entertainers—people like Charley Pride, Bill Cosby, Helen Reddy, and Charlie Rich. These stars don't appear every night—sometimes just Friday—but even without them, Six Flags Over Texas provides live entertainment galore. The two best shows are on view at the Palace Music Hall, where this year's extravaganza, "Great to Be Here," employs a 14-piece orchestra, an equal number of singers and dancers, and the most imaginative stage effects in the theme park's history, and in Sid and Marty Krofft's Puppet Theater. The Krofft brothers' productions are always ingenious—their puppets range from very small to larger than life-size—and this year's show features figures representing Tiny Tim, Lily Tomlin, Liberace, and Elvis Presley.

As for thrill rides, well, just name it and Six Flags undoubtedly has it; there are 95 rides, shows, and attractions on the grounds, including a dolphin show, a petting zoo, a hand-carved miniature circus, and an oil derrick 300 feet tall. Outside the theme park you'll find other kinds of fun. The Seven Seas marine life park is less than a mile away, Lion Country Safari is only a couple miles farther, and at Arlington Stadium, within easy walking distance, you can watch the Texas Rangers play major league baseball.

Six Flags is open daily 10-10 through Labor Day, then on weekends 10-8 until it closes December 1. It opens again in mid-March with weekend hours before resuming the daily schedule around Memorial Day. All-inclusive tickets are $6.50 for adults, $5.50 for children ages three through 11.

Astroworld, Houston, Texas. So many things in Houston are prefixed by "Astro-" that outsiders understandably get confused on occasion. Astroworld is part of an enormous south-side complex collectively labeled Astrodomain and promoted with typical Texas swagger as "the greatest complex of family enjoyment, sports entertainment, and convention and show facilities in the world." It includes the famed Astrodome, the roofed-over sports stadium; Astrohall, one of the largest convention centers in America; four hotels and motels, all with "Astro-" in their names; and, just on the other side of Interstate-610, the Astroworld theme park, where this obsession has found release in the naming of several attractions: the Astroway, the Astrowheel, and the tower in the middle that was christened—what else?—the Astroneedle.

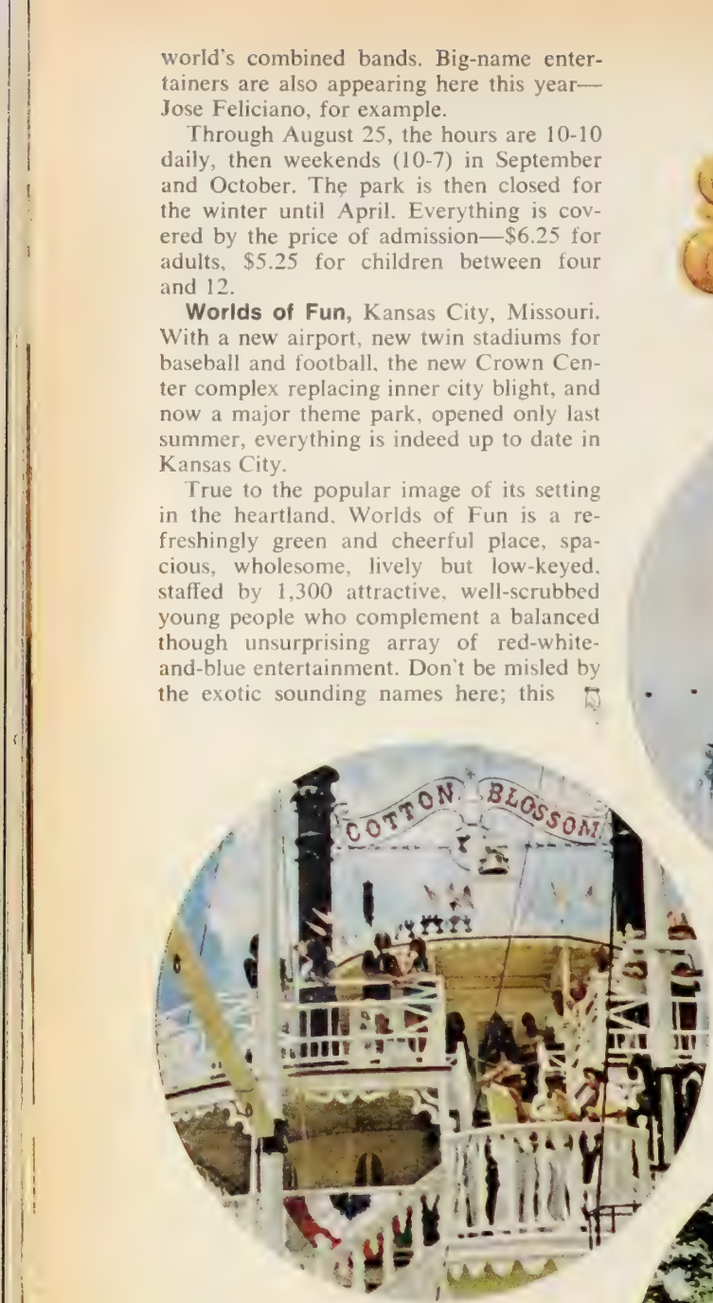
The park's ten themed areas cover 65 acres packed with something like 100 different rides and entertainments, of which the live shows are especially rewarding. The musical production at Judge Roy's Crystal Palace, for example, is so zippy and delightful it can make your whole day. Hourly concerts in Modville draw rock fans by the drove, the Dixieland Band blows fine music in Americana Square, Der Oom Pa-Pas hold forth in Alpine Village, and the Brazilia Band plays at Plaza de Fiesta. A troupe of strolling comedians does improvised shows, and at 4:30 Marvel McFey and his band of animal gypsies—Winston Wolf, Pierre Le Rat, Percy Penguin, and all the rest—parade around the grounds with Astro-

world's combined bands. Big-name entertainers are also appearing here this year—Jose Feliciano, for example.

Through August 25, the hours are 10-10 daily, then weekends (10-7) in September and October. The park is then closed for the winter until April. Everything is covered by the price of admission—$6.25 for adults, $5.25 for children between four and 12.

Worlds of Fun, Kansas City, Missouri. With a new airport, new twin stadiums for baseball and football, the new Crown Center complex replacing inner city blight, and now a major theme park, opened only last summer, everything is indeed up to date in Kansas City.

True to the popular image of its setting in the heartland, Worlds of Fun is a refreshingly green and cheerful place, spacious, wholesome, lively but low-keyed, staffed by 1,300 attractive, well-scrubbed young people who complement a balanced though unsurprising array of red-white-and-blue entertainment. Don't be misled by the exotic sounding names here; this









park, like most others, is 100 percent All-American. Those names serve only to justify the fantasy of dividing the grounds into international areas: the Orient, Scandinavia, Africa, and Europa, as well as Americana. Two popular thrill rides are cases in point. The roller coaster—in the African corner and therefore called the Zambezi Zinger—could as appropriately have been painted with stars and stripes and labeled, say, the Coney Island Hot Dog. And the flume ride—the Viking Voyager, because its location is in the Scandinavian section—could easily have been included in the Orient instead, slightly modified, and christened the Bamboo Shoot (which in fact is what it *is* called at Astroworld).

But no matter. The Americana here shines through the disguises and in its old-fashioned charm is a delight. The *Cotton Blossom* side-wheeler, which was used in the movie "Show Boat," serves as the perfect background for an old-time melodrama, and the musical extravaganza in the Tivoli Playhouse is another upbeat excursion into nostalgia.

Worlds of Fun is open daily, 10-10, until Labor Day, then through October on a weekends-only schedule, with Saturday and Sunday hours of 10-8. In the winter, operations shut down. The single-admission ticket that allows you to see all the shows and ride all the rides as many times as you like costs $6.50 for adults, $5.50 for children ages three through 11.

Six Flags Over Mid-America, Eureka, Missouri (about a half-hour's drive southwest of St. Louis on Interstate-44). This youngest of the trio of Six Flags operations—it opened in 1971—understandably lacks some of the attractions the two others contain, but every new season sees ex-

panded facilities, and already the numb of thrill rides, live shows, and other div sions totals more than 50. This year's ad tion is a section called "Old Chicago," w a whole slew of the kind of games you mig have played in your youth at state a county fairs. The three most popular ri at the park are the log flume (which known here as the House of Hoo-Hoo, af a building at the 1904 World's Fair in Louis), Injun Joe's Cave, a "dark" ride w Mark Twain characters, and the rol coaster journey on the River King Mi Train, named for the Midwest's larg coal mine.

As at the other Six Flags theme par you can see a first-rate puppet show—p duced in each instance by Sid and Ma Krofft—enjoy an exuberant musical rev with college-kids-in-crinolines-and-paras charm or an old-fashioned melodrama Miss Kitty's Saloon, laugh at the ant of the Pufnstuf characters, and hear b name entertainment in a spacious amphith ater. Among those featured in this seaso lineup are Doc Severinsen, Bobby Goldsboro, Rick Nelson, Bobby Vinto and something called Flash Cadillac a the Continental Kids.

Through Labor Day, the gates are op from 10 to 10 daily (one hour later Saturday nights), then Saturdays and Su days only during September (10-8) a October (10-6). After that, operations sh down for the winter. Tickets that cover many rides and shows as you can cram into o day cost $6.50 for adults, $5.50 for children fro ages three through 11.

Opryland USA, Nashville, Tennessee. The name derive of course, from the famed Grand Ole Opry, whose handson new home opened only a few months ago inside the boundaries of t theme park. People who come to town to see the Saturday night broa casts—and there are many who drive hundreds of miles for that event—can now linger a while and visit the amusement center too. It makes most enjoyable weekend.

But if you visualize Opryland as a cornball operation dominated b country and western music, you're in for a pleasant awakening. Th music that fills the air here—there are seven major shows—embraces th full spectrum of American song, from first-rate Dixieland to top-drawe rock, performed by young professionals of extraordinary talent playin and singing their hearts out (fully aware, of course, that scouts fro Nashville's big recording companies often drop in to listen). Of the hal dozen showplaces—some indoors, some out—the one that no visitor t Opryland should skip, even if it means waiting in line for an hour, is th American Music Theatre. The always-zingy, often-emotional revue in side, a musical excursion through America's recent past, letter-perfe

every detail of its staging, is the best musical production at *any* eme park.

Grand Ole Opry broadcasts are sold out so far ahead of time that twice ily a "Mini-Opry" is performed in the new Opry House. These shows, ld Sunday through Thursday in the summer, then only on Sunday in autumn months, feature The Four Guys plus a backup band and least one additional Grand Ole Opry star.

All is not music at Opryland, however. There are puppet shows, ani- al acts, some nine-feet-tall cartoon figures—Yancy Banjo, Delilah Dul- ner, Johnny Guitar, and the like—and approximately a dozen rides. e most popular are the Flume Zoom, the Timber Topper roller coaster, d the Carousel on the Lake, a restored antique of 1880s vintage.

Through Labor Day, the park is open from 10 to 10 daily. en the schedule is weekends-only until October 27—turdays and Sundays from 10 to 7—after which erations close down for the winter. An all-in- sive ticket that covers admission, rides, and ows costs $6 for adults, $4.25 for kids five ough 11.

Six Flags Over Georgia, Atlanta, Geor- . There are enough similarities among three Six Flags theme parks so that pre- us descriptions of what awaits you the others—Six Flags Over Texas and Flags Over Mid-America—should pret- well prepare you for Six Flags Over









rgia, too. All three places boast big- e entertainment, a cheerful staff, spot- grounds, meticulously groomed land- ping with thousands of blossoming vers and shrubs, bouncy musical re- s, fine puppet and magic shows, ties n local history in each of the park's six med areas (one for each flag that at some es has flown over it), and an impressive as- ment of thrill rides old and new.

But there are certain features that make each k unique. Six Flags Over Georgia is particularly ud of its Cotton States Exposition area, which opened last year. It has pleasant, tree-lined strolling paths, a big cert pavilion, a restful, waterside picnic-in-the-park section, a bumper ride with 50 cars called Dodge City, and, most of all, The Great erican Scream Machine, latest claimant to the title hotly contested ng theme parks of "the biggest, highest, fastest roller coaster in the ld." Even for people who lack the nerve (or the stomach) to ride it, Great American Scream Machine is a visual delight; its white-lattice nework is especially appealing when you view it from the lawn on the osite side of the lake and see its reflection dancing on the water.

he gates are open daily through Labor Day, 10-10, then weekends until the first of December, when the park closes up for the winter. inclusive tickets are priced the same as at the other Six Flags parks: 50 for adults, $5.50 for children three through 11.

ings Island, Kings Mills, Ohio (about 20 miles north of downtown cinnati on Interstate-71). With a one-third size replica of the Eiffel er at its center, the layout at Kings Island consists of six areas. Each its own special flavor. In the Oktoberfest section, the atmosphere is German. From the lakeside veranda of Der Alte Deutsche Bier Garten, where oompah-pah music is frequently performed, you can also hear the screams from the Bavarian Beetle (a small roller coaster) and from bobsleds negotiating the Bayern Kurve. The Coney Island section contains the Kings Island Theater, whose musical revue is the park's most lavish stage show. Rivertown has the railroad and the miniature cars and the porpoise show and the hydroflume ride. In the Happy Land of Hanna-Barbera, home of the familiar cartoon characters—the Flintstones, Yogi Bear, Scooby Doo, the Banana Splits—the Enchanted Voyage takes you on a journey via boat through an animated fantasyland. The fifth area, International Street, is a cluster of shops and sidewalk cafes, with an Italian Building, Swiss Building, French Building, and so on, lining both sides of the long Royal Fountain, which provides a pleasant approach to the Eiffel Tower.

In its third season, Kings Island is still growing. This year's new addition is a Lion Country Safari park inhabited by hundreds of wild African animals living free on 100 acres; monorails give visitors a close, eye-level look at them during a two-mile, 20-minute exploration.

Also included in this family resort complex are the 300-site Kings Island Campground, Kings Island Inn with 200 comfortable rooms (plus a putting green, a playground, and both indoor and outdoor pools), and two 18-hole golf courses designed in part by Jack Nicklaus, one of which is lighted for night play.

The theme park is open daily from 10 to 11 (until midnight on Saturday nights) from Memorial Day through Labor Day, then only on weekends through October. It closes after that until May. Children under three are admitted free of charge, but everybody else must pay $7 for an all-inclusive ticket. Lion Country stays open in the park's off-season ($3; $1.75 for kids under 12).

Cedar Point, Sandusky, Ohio. Situated about halfway between Cleveland and Toledo at the end of a thin peninsula sticking out into Lake Erie, Cedar Point has been called "the best kept secret in the Midwest." Even in cities as close as Pittsburgh, people say "Cedar *what?*" when you mention the place, although everybody there has heard of far-off Disneyland, whose physical size and ride capacity are no more than 40 percent of Cedar Point's.

You'll find this an endearingly hodgepodge place, a nice mixture of the modern and the gracious old-fashioned. In addition to the predictable assortment of thrills—including four variations on the roller coaster theme, two flume rides, and the largest ferris wheel in North America (15 stories)—it has a 1,000-boat marina and a mile-long sandy bathing beach where in 1913 Knute Rockne and Gus Dorais, who were working here that summer as lifeguards, invented the forward pass. The Hotel Breakers, a massive pile that was old even then, still has facilities in 1,000 or so rooms, or you can stay way out at the tip of the peninsula in a modern camper village.

This 600-site trailer park is near the Frontier Town theme area, which is separated by woods and water from the larger Midway section but

The Fisher-Price A-Frame



This charming vacation house with twin balconies, twin decks, sleeping loft and dining terrace is the setting for four Play Family People and their dog to have fun.
Enroute, all the pieces fit inside, the terrace folds up into the roof, and snaps shut to form a carrying handle.

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continued

Amusement parks

easily accessible by skyride, train, or boat. Walking is even better, via the rustic Frontier Trail, where old buildings create an arts-and-crafts community.

The park is open daily, 10-10, through Labor Day, then the following two weekends before closing for the winter. An all-inclusive ticket costs $6.25 for anyone 12 or older, $5.25 for youngsters four through 11.

Walt Disney World, Lake Buena Vista, Florida (20 miles southwest of Orlando off Interstate-4). Disney World's theme park, like its counterpart at Disneyland, is appropriately labeled the Magic Kingdom and offers all the charm and fantasy you've been led to expect. Nearly all of the most popular attractions at Disneyland are here in central Florida, too, and there are also some here—the Hall of Presidents, for instance, and the nostalgic Mickey Mouse Revue—for which the California park has no equivalent. And like the other Magic Kingdom, this one keeps expanding; the next big attraction, scheduled for completion near the end of this year, is an enormous Space Mountain that simulates reentry from outer space.

But the Magic Kingdom is only part of Walt Disney World's appeal. Encompassing the theme park is a full-fledged family resort. You can golf here, play tennis, go swimming and boating, ride horses, attend luaus, and take romantic moonlight cruises under a fireworks-brightened sky.

Many families spend their whole vacation on the grounds. The Golf Resort Hotel, next to two 18-hole courses, is the fourth facility at Disney World to offer overnight accommodations. The others are the A-shaped Contemporary Resort (favored by some families because of its game room and supper club), Polynesian Village on a sparkling white beach, and the 714-site Fort Wilderness Campground.

The gates to the Magic Kingdom are open daily all year round—from 9 to midnight through Labor Day, then from 9 to 7. As at Disneyland, separate coupons are required for all attractions. A "12 Adventure" ticket book is priced at $6.75 for adults, $6.25 for juniors (12-17), $5.75 for kids three through 11.

Carowinds, Charlotte, North Carolina. Among the newest of America's major theme parks—it opened in 1973—Carowinds is actually about ten miles south of Charlotte, perched literally astride the North Carolina-South Carolina state line.

The whole park has a Carolina heritage theme, with each of its seven main entertainment areas linked to some regionally important period of history. You can view the entire layout from the revolving cabin of the Sky Tower, 330 feet high.

Through August 25, the park is open from 10 to 8 on weekdays and from 9 to 8 on Saturday and Sunday, then weekends only (from 10 to 6) through October 27. Pay-one-price tickets are $6 for adults, $5 for children from three through 11.

Hersheypark, Hershey, Pennsylvania. For its first 60 years, from its opening in 1907, Hersheypark was a monument to tranquillity and ease, a green, gauzy dreamworld from whose romantic old ballroom the music of Paul Whiteman and Rudy Vallee serenely floated. It also had an arena where the Ice Capades began, plus lakes for canoeing, an open-air band shell, and 1,000 or so acres of dignified shade trees. But the only rides were a miniature railroad train, a lovely, handcarved carousel (since replaced by one much like it), and a roller coaster that for its time was considered the ultimate in thrills. Thankfully, what was pleasant then remains so today—the lake, the trees, the refreshing sense of calm—even in the middle of an ambitious five-year program to transform the old amusement section into a gleaming, modern theme park.

So far, the project is coming along nicely. You can now submit to the excitement of the double-flume Coal Cracker, rise heavenward on the awesome Giant Wheel, and indulge in a collection of 33 rides augmented by a Dancing Waters fountain, a dolphin show, a magic act, and other assorted diversions.

Just across the street from Hershey's Chocolate World, the park is open daily, 10:30-10, through Labor Day, then locks up tight until the middle of next May. An all-inclusive ticket for anyone ten or older is priced at $5.75; juniors (5-9) are charged $3.15. ■

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Junking

Sunburst front pillow page 52

1. Cut a strip of fabric ½ inch wider than ½ diameter of desired size pillow; the length should be three times finished pillow diameter with one inch added for seam allowance. Cut a piece of one-inch-wide white trim same length and topstitch to fabric strip ¼ inch in from one edge.
2. Stitch ends of fabric strip together. Gather by hand along untrimmed edge of strip, stitching about ¼ inch in from edge. Draw gathers in tightly; fasten thread securely. Cut a muslin circle ½ inch wider than diameter of finished pillow; baste to underside of gathered section.
3. For boxing strip, cut fabric 2½ inches wide and three times diameter of finished pillow in length, plus one inch for seams.
4. Cut a circle the diameter of finished pillow, plus ½ inch for seams. Join to the boxing strip, allowing room for inserting pillow form or stuffing. Close by hand.
5. To attach buttons, use double strand of button thread. Run needle up through shank of button. Then direct needle back through pillow about ⅛ inch from thread. Insert needle through shank of second button from underneath side. Draw threads up and tie securely under button.

Square, ruffled pillow page 53

1. Cut two squares of fabric, each ¾ inch larger than the desired size of the finished pillow. Set one square aside for backing.
2. On front square, position strips of one-inch-wide white trim about ½ inch in from edges of fabric square and topstitch down, mitering corners.
3. For ruffle, cut a strip 6½ inches wide (includes ½ inch for seams) and twice as long as circumference of pillow front, plus ½ inch for seams (strip may be several pieces of fabric seamed together; press all seams open). Turn one end of strip under ¼ inch, press flat. Fold strip in half lengthwise, wrong sides together, press. Stitch open edges together ¼ inch in from edge, gathering by hand or using ruffler attachment on machine, until strip is gathered to match circumference of pillow front. Pin ruffle on right side of pillow front and stitch ¼ inch in from edge around all four sides.
4. Pin pillow back to front, right sides together, tucking ruffle inside. Stitch around three sides, ⅜ inch in from edge. Turn pillow cover right side out, press. Insert stuffing; close fourth side by hand.
5. To join ends of ruffle, turn raw edge of one end under ¼ inch. Insert other end into turned edge and slip-stitch together.



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GARDENING IN AUGUST

At least part of the time, let yourself be lazy this month. You deserve to sit back, relax, and enjoy the outdoor beauty you've created. In energetic moments, handle routine care. Set aside time, too, to gather fall and winter bouquets, and plan for next year's garden.

Gather plants for drying

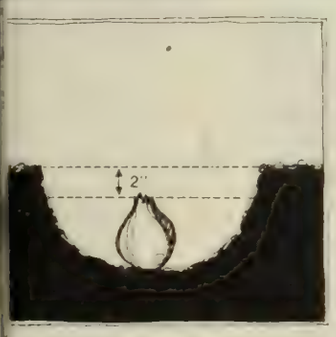
Stock up now with enough flowers and roadside plants to make interesting winter arrangements inside. If you were farsighted and planted everlastings (strawflowers), globe amaranth, statice, celosia, honesty, or bells of Ireland, you have a wealth of material at hand in your garden. Larkspur, blue salvia, and fern fronds dry beautifully too.

A foray to the country could add goldenrod, thistles, cattails, and wild grasses to your collection. Pick only roadside cattails—not those growing in a state or federal marsh.

The best time to pick garden flowers is a dry, sunny day. The flowers should be past the bud stage but not fully open. They will continue to mature while drying and will open more. To give you flexibility of use, include some buds, too. Stalks of strawflowers should be cut off at picking time to a half inch. While the stems are soft, insert a florist's wire with a hook on the end through each of the flower heads.

Hang both garden and native plants with heads down in a cool, dry, dark place. The drying time averages one or two weeks.

Plant madonna lilies now



Madonna lilies send up autumn rosettes of new leaves, so the planting of these hardy favorites must be done in late summer. Bulbs of madonnas should not be planted as deep as those of the regal or other lilies.

The top of a madonna lily bulb should be only two inches under the ground. Space bulbs about 12 inches apart. Give the autumn rosette of leaves a winter cover of evergreen clippings. Next summer, the white flowers will appear at the same time as climbing roses and delphiniums.

Evaluate your shade

August is the perfect time to decide if you're getting the shade you need inside the house and on your outdoor living areas. Shade doesn't stand still, so you have to make up your mind when as well as where you want it. Decide on the time of day you want shade on a certain part of house or patio area.

Morning sun is seldom undesirable. If it is, plant to the east of the target area. Noon shade is difficult to get—except directly under a tree. Afternoon sun has the greatest heating effect on a house, and is most likely to interfere with the use of patios and decks. To get afternoon protection, place a tree to the west and a little south of the target area—about ten to 15 feet away from the section you especially want shaded.

Repair bare lawn spots

When the weather gets cooler at the end of the month, you can take care of worn, bare spots in your lawn. Here's how:

First, dig up the bare spots with a spade or heavy-tined fork. Remove any debris you may uncover. Break up soil clods, then spread lawn fertilizer evenly over the spaded area. Using a flour sifter, sprinkle the seed evenly over the soil. Try to do this on a calm day because seed scatters in the wind. Use the same kind of grass seed you've established on the rest of the lawn. Or, if shade is the reason the spot is bare, try one of the grasses for shade. Water the seeded spot lightly by misting, but water it often. Keep the soil moist until the first blades of grass appear. Water is especially important in shady spots.

Reseeding may not work if the bare spot is caused by constant heavy traffic. No grass can withstand the rough treatment that pathways and play areas get. The only solution is to pave such areas or arrange for alternate locations—perhaps by shifting play equipment to give the turf intervals to recuperate. If you don't want to pave or redirect traffic, you may have to resow abused areas each year, knowing that the traffic will take its toll.

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Page 28: Hanging wall lights— Inc., 346 Claremont Ave., J N.J. 07305. Hanging plastic Beylerian Ltd., 253 Fifth A N.Y. 10022.
Page 29 (top): Chairs—Kno tional, 320 Park Ave., N.Y., Windows—Pella Products Co. 50219. Sliding glass door—Ar throp Architectural Systems, dustry, Calif. 91744.
Page 30 (top): Windows- Corp., Bayport, Minn. 55003. Butcher block table—J & D B Bowery, N.Y., N.Y. 10012. mat—Pier 1 Imports, 2520 W Fort Worth, Tex. 76102.
Page 31 (bottom): Hangin Thomas Ind., Inc., Thomas Lig 207 E. Broadway, Louisville, Kitchen cabinets—Wood-Metal Wood-Mode, Kreamer, Pa. 17 ing—Armstrong Cork Co., Lan 17604.
Page 33 (bottom): Deck furnitu Jordan Co., 9860 Gidley St., Calif. 91734. Sliding glass door Horthrop Architectural Systen Industry, Calif. 91744. Wind Products Co., Pella, Ia. 50219.
JUNKING
Page 48: Chairs—Pier I Impor Freeway, Ft. Worth, Tex. 7610
Page 52 (left): Grass rug—Pier 2520 W. Freeway, Ft. Worth, (Right): Window blind—Pier 2520 W. Freeway, Ft. Worth, "Georgian" blue glasses—Vi Co., New Martinsville, W.V "Pebble Beach" orange glasses Glass Co., 1200 First St., M W.Va. 26041.
Page 53 (bottom): Sofa and so JCPenney®, 1301 Ave. of the N.Y., N.Y. 10019. "Baby Gran Philco-Ford Corp., Blue Bell, P
JUNK CRAFT
Page 56 (lower left): Decante Silversmiths, Wallingford, Co Goblets—Fostoria Glass Co. ville, W.Va. 26041. Table—K of Morganton, P.O. Box 995, N.C. 28655.
Page 57 (top left): "Wet Paint" Bronze Powder & Paint Co., La Ill. 60047. (Lower left): Mirror Knob Creek of Morganton, P.O Morganton, N.C. 28655.
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Page 59 (top right): "Ceramar H. Wittur & Co., P.O. Box 12 ton, Ill. 60204. (Right): "Lan Mikasa, 25 Enterprise Ave., N.J. 07094. (Bottom): Plat Cordon Bleu, Inc., P.O. Box 6 game, Calif. 94010.
Page 60: Goblets—H. Lauffer 225 5th Ave., N.Y., N.Y. 1001 Mitteldorfer Straus, Inc., 225 N.Y., N.Y. 10010. "Old Eng forks—Gorham, 333 Adelaide idence, R.I. 02907.
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PRIZE TESTED RECIPES
Page 81 (left): Bowls—Rimroc Saylorsburg, Pa. 18353. Skillet— Bend Co., 400 Washington St., Wisc. 53095.
Page 82 (top left): Jelly conta Cuisiniere, Inc., 903 Madison A N.Y. 10002. (Top right): "Tac INTERPACE Corp., 2901 Los F Los Angeles, Calif. 90039. (Bottom right): Skillet—Columb eling & Stamping Co., Inc., Housewares Corp., P.O. Box 4 Haute, Ind. 47804.

ricks for
ic salads



ALDORF SALAD

ls a complementary the fruits—

- ed oranges
- unpared apple
- ped celery
- ped walnuts

• • •

- sour cream
- honey

ix fruits, celery, and ombine sour cream, salt; fold into fruit oon onto lettuce on es. Garnish with ad- alnuts, if desired. servings.



) SALAD

a colorful touch to a e potato salad to t dogs—

- pared potatoes
- potatoes)
- liced carrot
- ed celery
- n
- ed onion
- all-purpose flour
- sugar
- alt
- epper
- r
- naise or salad
- eggs, chopped
- snipped parsley

es, carrot, and cel- in boiling water till t 15 minutes; drain. ook bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Add onion to reserved bacon drippings. Cook till tender but not brown. Blend in flour, sugar, salt, and pepper. Stir in water and vinegar; cook and stir till mixture thickens and bubbles. Remove from heat; stir in mayonnaise, eggs, parsley, and crumbled bacon. Pour over cooked vegetables; toss gently to coat. Turn into 1½-quart casserole. Bake in 350° oven for 30 to 35 minutes or till heated through. Garnish with some additional cooked bacon curls, if desired. Makes 6 servings.

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Think of it as a new idea in fruit.





Photographs Dieter

Vanilla Melon Parfaits

Pick a Melon

Almost everyone you run into in the produce section of your supermarket can tell you how to judge a mature melon—shake the melon, press the blossom end, smell the aroma. But the produce manager knows better. Try his technique for choosing "a nice melon."

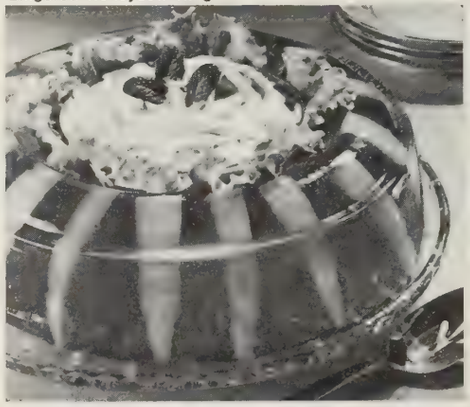
When you pick out a cantaloupe (muskmelon), concentrate on the netting. It should be thick and raised from the melon. Even if the melon is soft on the blossom end, it might not be ripe on the inside. When enough of the "experts" have pressed on that end, it's bound to be bruised and softened. Look for a cantaloupe that has a delicate aroma and a rattling of seeds in the center.

A mature honeydew melon will be creamy white or pale yellow all the way around. A slight oily film is apparent on the outer rind. Also test the honeydew for aroma—it should be pleasantly musty. If by chance you choose an underripe melon, leave it at warm room temperature in high humidity till the blossom and stem ends yield to slight pressure.

Cantaloupe Frascati



Gingered Honeydew Ring



Photograph: de Gennaro

VANILLA MELON PARFAITS

1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
1¾ cups milk
¼ cup cream sherry
1 cup frozen whipped dessert topping, thawed
3 cups melon balls
Sliced almonds, toasted

Prepare pudding mix according to package directions using the 1¾ cups milk. Stir in cream sherry; cover and let stand 10 minutes. Spoon pudding into each of 6 parfait glasses. Add a layer of melon balls. Top with dessert topping. Chill. To serve, top each with a few sliced almonds. Makes 6 parfaits.

CANTALOUPE FRASCATI

1 small cantaloupe
½ cup strawberries
2 teaspoons sugar
2 tablespoons cream sherry
2 egg whites
Dash salt
¼ cup sugar

Cut melon in half; remove seeds. Fill each half with strawberries. Sprinkle with the 2 teaspoons sugar and the sherry. Cover; chill 1 hour. Beat egg whites with salt till soft peaks form. Gradually add remaining sugar, beating till stiff and glossy. Lightly spoon atop melon halves. Place on baking sheet. Bake in 400° oven till meringue is golden, about 5 minutes. Serve immediately. Makes 2 servings.

GINGERED HONEYDEW RING

For company, garnish salad dressing with mint sprigs and leaf lettuce—

1 medium honeydew melon
1 3-ounce package lemon-flavored gelatin
1 3-ounce package lime-flavored gelatin
2½ cups boiling water
¼ cup lemon juice
Dash salt
1 7-ounce bottle (1 cup) ginger ale
½ cup whipping cream
½ cup mayonnaise or salad dressing
½ teaspoon ground ginger

Halve honeydew; remove seeds and rind. Cut 16 wedges about ¾-inch thick at the widest part. Dissolve gelatins in boiling water; stir in lemon juice and salt. Cool. Pour ginger ale slowly down side of bowl into gelatin; stir gently to mix. Chill till partially set. Arrange honeydew wedges in 6½-cup ring mold. Carefully pour half of gelatin mixture into mold covering bottom of honeydew. Chill till almost firm. (Leave remaining gelatin at room temperature.) Slowly pour remaining gelatin mixture into mold; chill till firm. Before unmolding, trim off tips of melon wedges if they extend above gelatin. Serve with dressing: Whip cream; fold in mayonnaise and ginger. Makes 8 servings.



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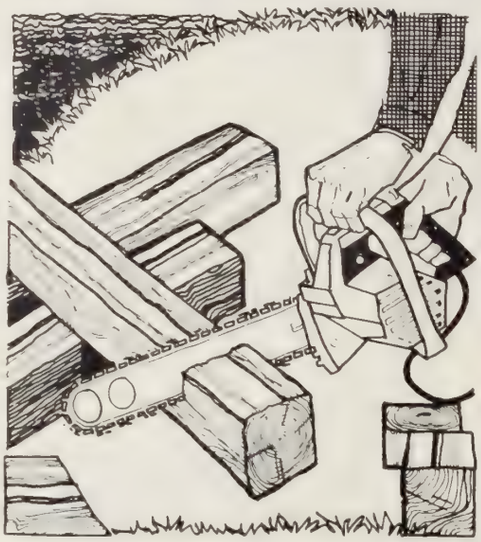
AMERICAN STANDARD

Weekend walk

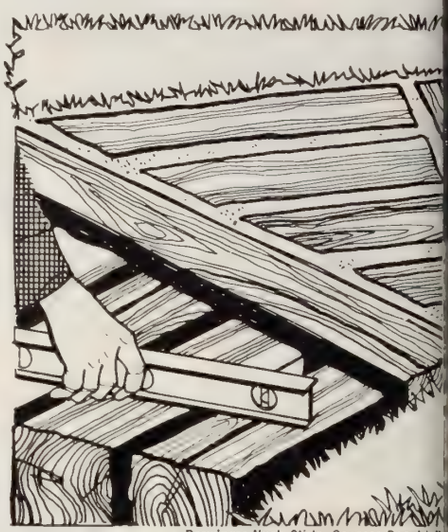
With a few dozen used railroad ties, you can make a long-lasting walk in a single energetic weekend. For a source of ties, check the Yellow Pages of your phone directory under "Railroad Equipment and Supplies." Cost ranges from 50 cents to five dollars each. At the l est prices, expect to load and haul ties yourself. Before setting the first sketch desired design on paper. helps you use available pieces wit minimum of cutting.



Clear the soil out to a little over eight inches in depth. Thickness of old ties varies from six and a half to eight inches. Remove all stones, level the soil with a rake, spread an inch of moist sand and tamp.



Use a bow or chain saw to do any needed cutting. Avoid any contact with metal as this would dull the cutting teeth of the saw. Place ties in approximate position and determine the final pattern that pleases you.



Drawings: Hugh Stirts. Source: Donald B

To bring ties to level, tuck moist sand der low parts. Use carpenter's level on of ties to determine when walk is level. between ties with sand, wet down with and tamp firm with a board.

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IAM
s tomatoes, peeled
grated lemon peel
on juice
n salt
n mixed pickling

e package powdered
tin
ar
oven, crush tomatoes
mmer, uncovered, for
es; measure 3 cups
Return to saucepan;
lemon juice, and salt.
ng spices in cheese-
and add to mixture.
tin and bring to hard
n sugar. Bring to full
l; boil for 1 minute,
nstantly. Let stand 5
Remove spice bag;
hot clean jars. Seal.
alf-pints.



) GRAPE RELISH
rt, cooking apples
n apples)
juice
ar
salt
ns mixed pickling

r
, and dice apples.
-quart saucepan with
, vinegar, and salt.
g spices in a cheese-
and add to mixture;
gently till mixture is
ency of thick apple-
to 20 minutes. Add
ook 20 to 25 minutes
ll medium-thick. Re-
bag; ladle relish into
jars. Seal. Serve as
npaniment. Makes 5
nts.

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from simple porch to sunny family room





Photographs: Bill Helms. Architect: Don Hawkins, A.I.A. Source: Eileen Leubecker

Swapping a goldfish-bowl porch for a cheerful family room can pay off big—and here's the proof. The new room is in the home of Mr. and Mrs. Burton Edelson in Chevy Chase, Maryland—who bought the house with the intention of enclosing the porch.

Before the enclosure, the porch was the kind you might find on many houses of this vintage. It was a little too exposed to the street and a little too close to the next-door neighbors. And, because the porch supported a bedroom above, major alterations weren't feasible.

Projecting walls on the front and side *(above)* provided the answer. The added blank walls blend with the rest of the house and solve the two-way privacy problem with ease.

Inside, the projections give the room architectural interest and an intriguing shape. The side projection helps with the furniture arrangement and the front one creates a niche the Edelsons turned into a mini-library.





Both projections add about 18 inches to the room's dimensions. When the floor joists were put down over the existing porch floor, they were simply extended to support the new walls. Glass skylights form the roofs of both projections. Daylight from all around the projections balance that from the glass doors.

In the rear, a small, partially covered brick patio helps tie the new room to the backyard. The patio provides the outdoor relaxing spot the old porch once offered, only now there's complete privacy from the street—and there are plantings to screen the neighbors' house.

Extras often come easy when remodelings are as well planned as this one. With the new cover for the patio, the bedroom above gained a deck. All it took was the railing and a sliding glass door to replace an old window. ■







Designer: Everett Brow

Above: Two positive patterns put th into this basically simple window ment. A heady floral and a disc stripe work well together because o planned color coordination. Striped repeats the green and white of the Draperies were tied low at the sill ample exposure to fabric-laminated A variation of this two-pattern trea frame opening with a fabric-covere brequin and complement with a sha similarly scaled design.



Designer: George Branso

Above: A modest window dressin pelled this no-view opening into a s center of interest. Shutter panels painted the color of the end wa mounted on each side of the w casing. Unglazed chintz was stretch tween spring tension rods behind panel and repeated on ottoman for rative emphasis. For a change of pac can replace the fabric with pan pierced hardboard, metal mesh, wov tice screen, louvered strips, or opaqu tic that simulates the beauty of stained

Simply dressed windows

Right: The pleasant view from this window suggested a tailored treatment—one that would enhance the room without detracting from the outdoor scene. A light-filtering shade in rich gold was used solo and given a finished look with an enclosing plywood frame. To avoid a too-plain look, rows of black and gold self-adhesive fringe were attached to the bottom of the shade. Color of shade blends with mustard walls and rug, while novelty fringe echoes the black of bentwood chairs.



Designer: Edmond Motyka A.I.D.

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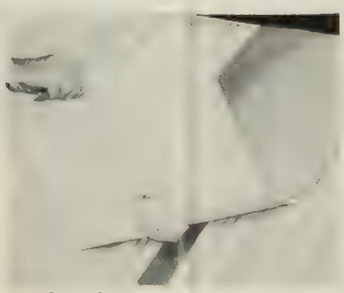
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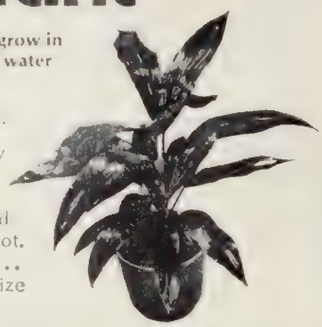
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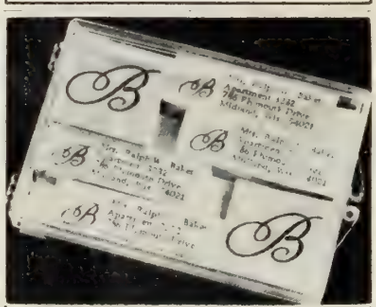
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A miniature replica of the ecology boxes that are so popular today. A solid pewter case, see-through front filled with a variety of herbs, grains and flowers. A truly unusual pendant that's sure to attract attention and compliments. 1½" x 2". Style: SP, $5.95 ppd. Spear Eng. Co., 3014 Spear Bldg., Colorado Springs, CO 80933.



Wishing well clock

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Rag doll art panels

These cheerful and colorful Rag Doll art panels require no expensive framing. To save you time and money they've been reproduced with printed golden frames. Each panel measures 8" x 16". Set of four (three shown above) $1.00 + 35¢ post. 2 sets $1.98 ppd. Crown-Castle, Ltd., Dept. RP-24, 51 Bank St., Stamford, Conn. 06901.



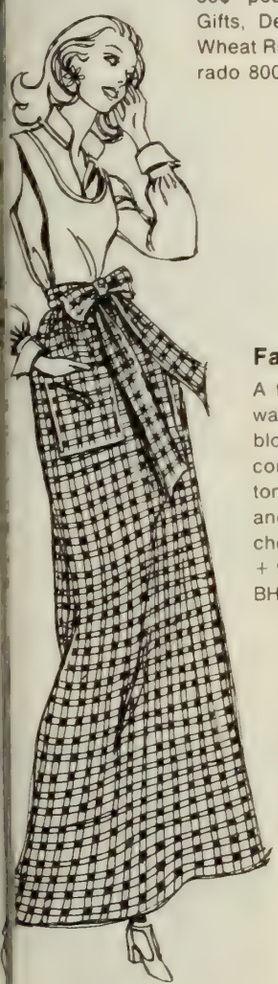
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im" tote

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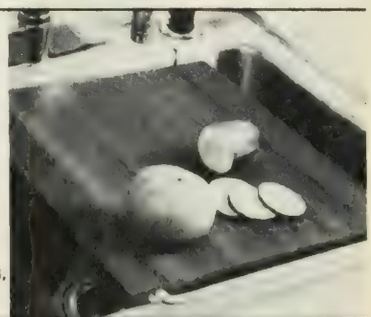


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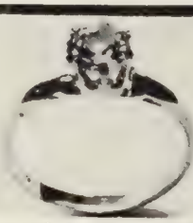
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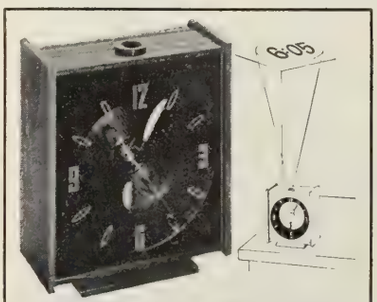
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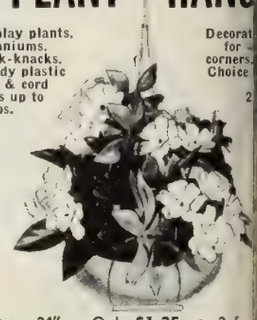


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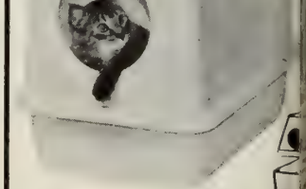
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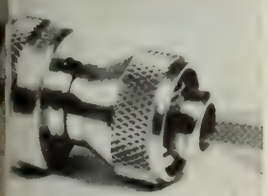
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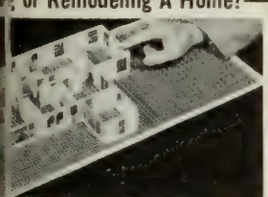
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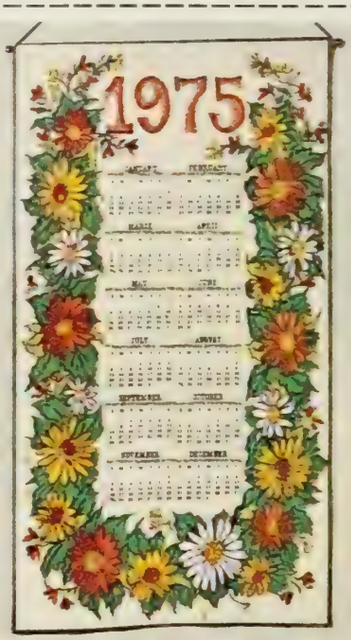
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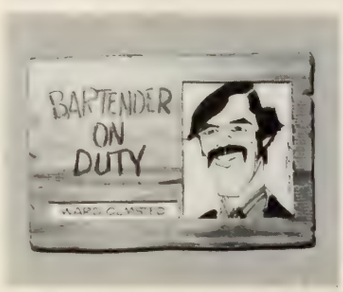
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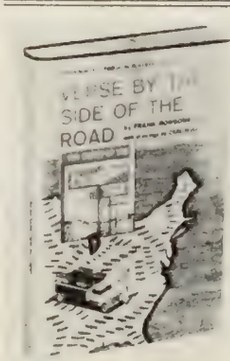
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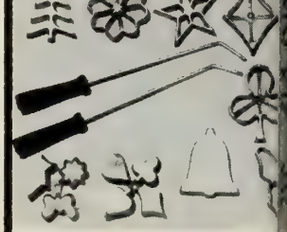
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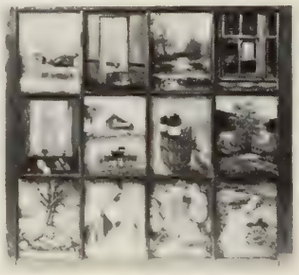
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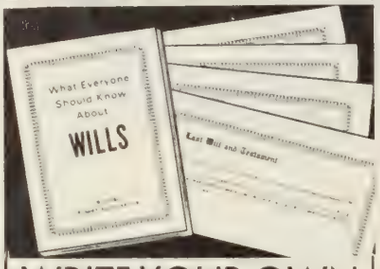
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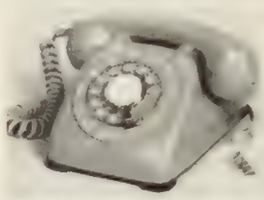


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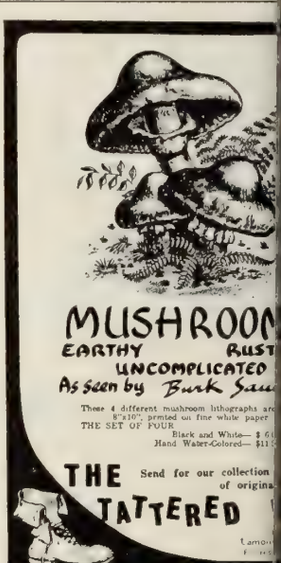


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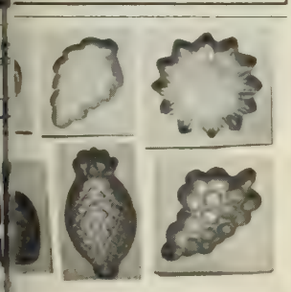
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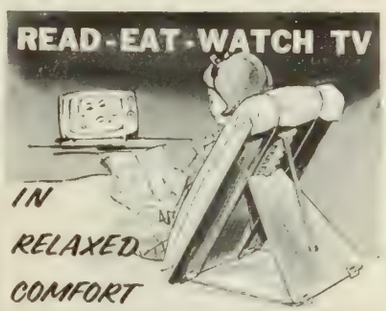
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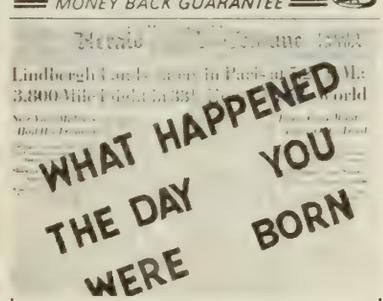
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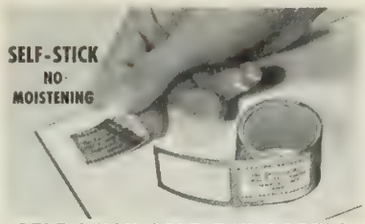
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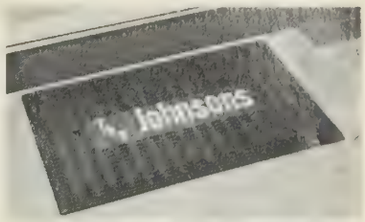
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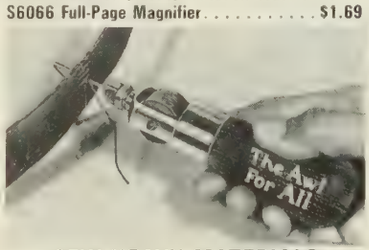
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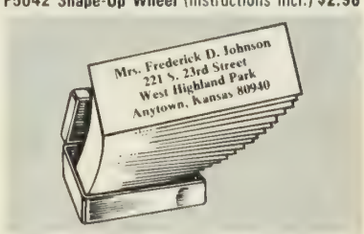
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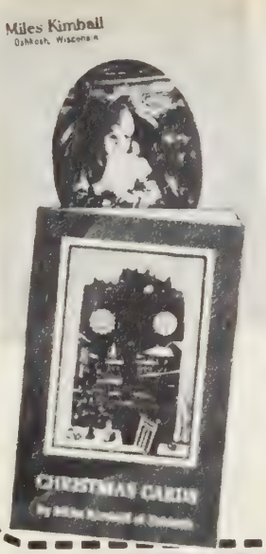
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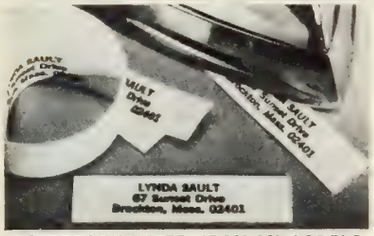
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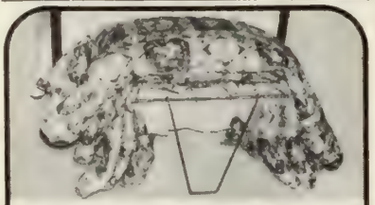


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Easier bed-making without nightly tugging heavy spread. Just pull hidden caddy from between mattress and spring. Legs drop into position. Lay spread onto caddy, accordion fashion. Brown metal caddy glides back out of sight by day. Ideal for Hollywood, low-footboard beds. For double, king or queen bed, get two. $6.98 or 2 for $12.98. Add 90¢ postage.

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FINALLY! PHONICS 44 SOLVES THE READING PROBLEM!



When schools taught phonics — everybody learned to read. Today most schools DON'T teach phonics and the result is that one out of every five adults, one out of every four children, can't read on the third-grade level!

When you learn to read by sight reading, you must memorize almost a million words. (That's an almost impossible task!) When you learn to read with phonics, you simply learn the 44 sounds in the English language (that's not hard at all)—and you have the tools to FIGURE OUT almost any word.

PHONICS 44 was developed and tested for over 10 years in the Culbreath Schools' special short reading courses. Results were dramatic. Third and fourth grade poor readers learned to read high school material after only nine 2-hour courses. The set includes five double deck card games, plus five 33 1/3 r.p.m. records (over 1 hour of thorough verbal instruction), plus complete game rules, educational instructions, and charts of the 44 sounds. It's a complete system for teaching reading and spelling. All the know-how is built into the games and records.

YOU HAVE NEVER SEEN ANYTHING LIKE PHONICS 44. It works! We guarantee it unconditionally. If you are not fully satisfied, you may return the games for a full refund. No time limit. Use them fully. We're betting you'll never send them back. ONLY $16.95 plus $1 postage for the complete set.

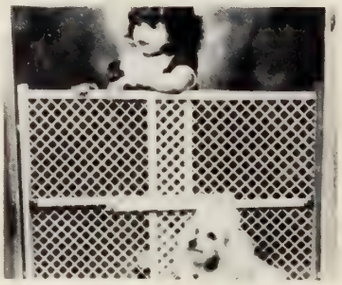
5 step-by-step TEACHING GAMES FOR CHILDREN & ADULTS

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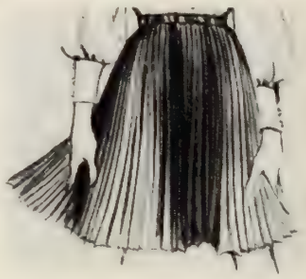
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Give your hand-mades th touch with these rayon taff Sew them into dresses items, etc. Harmonizing red trim on eggshell. N printed to match. Print label and your name. 15/$ $2.25; 60/$2.75. Holiday G 408-S, Wheat Ridge, CO 8



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Delightful for casual or dre casions. Permanently plea no-problem fit. Elasticize band. Carefree, washable "miracle" fibers. In blac pink, powder blue. Sizes prox. length 21¾"). $20 + Vicki Wayne, 610-BHC-S. Club Rd., Tucson, AZ 857



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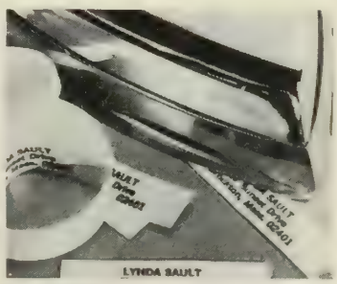
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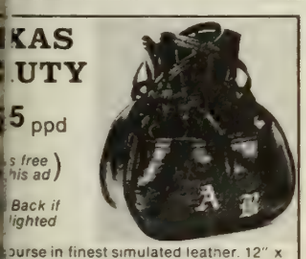
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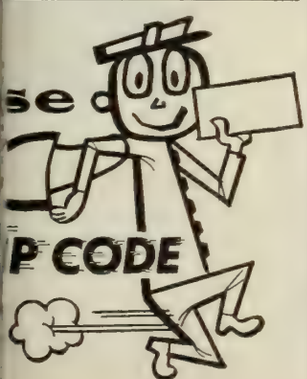
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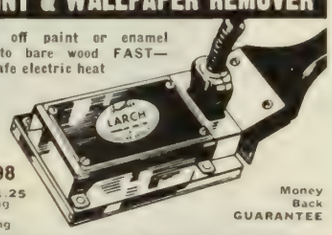
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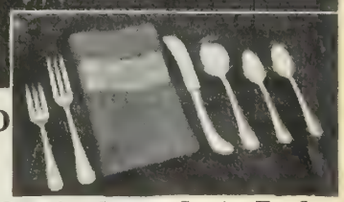
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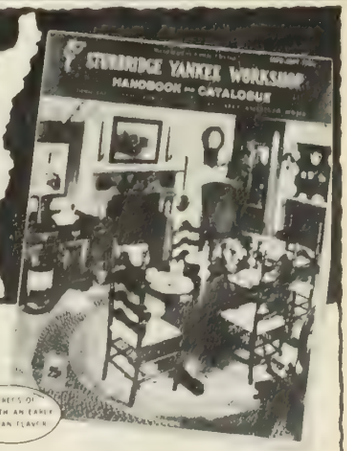
Approx. 8" tall. Each BLOBB is handcrafted, no two exactly alike! $7.95 each or two for $14.90 (saves $1.00) add 75c post. Sorry NO C.O.D.'s. Send check or money order to: BAKER, WHITE HANDYCRAFT CO. P.O. Box 206 Hastings, MI 49508 (ORDER today!!)



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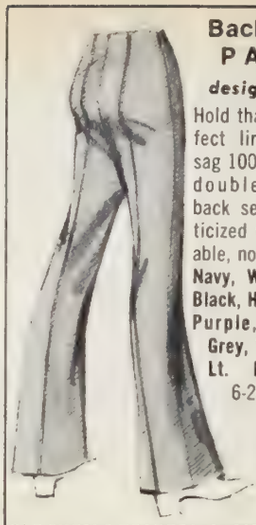
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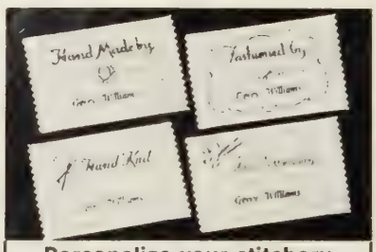
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Hold that figure-perfect line in never-sag 100% Polyester double knit, with back seaming. Elasticized waist. Washable, no-iron. **Brown, Navy, White, Beige, Black, Hunter Green, Purple, Burgundy, Grey, Yellow, Pink, Lt. Blue.** Sizes 6-20, 36-44.

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Your creations deserve the stylish finishing of these rayon taffeta labels; sew into dresses, knitted items, etc. Background is eggshell with harmonizing brown and red trim. Name imprinted to match. Specify choice of label and your name (print clearly). 15/$1.25; 45/$2.25 or 60/$2.75.

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Finest quality silk finish smudge-proof photographic paper. Send any color photo (8x10 or smaller), color neg., or slide (returned).
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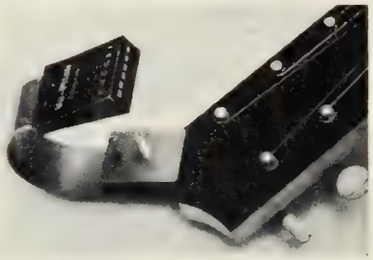


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Cast iron clothes rack is a reproduction from the Victorian era. Features five large swing-away arms with three hooks on each arm. You'll have a place to hang hats, coats, scarves, even umbrellas! For bedroom, kitchen or bathroom. Extends 7½" from the wall; measures 14" wide. **$3.98** plus 75¢ post.

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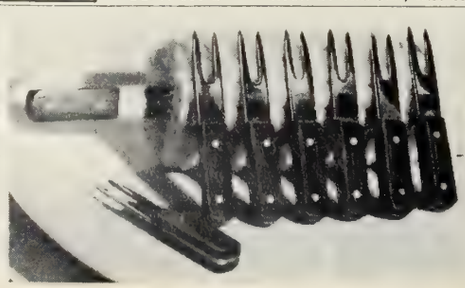
like a professional! This new invention is ideal for every guitarist — beginner or accomplished musician. Six precision-tuned reeds make exact tuning, a snap. Just clamp this gadget onto your guitar, then pluck and adjust the strings. When the right pitch is reached, the corresponding reed vibrates. Just as simple as that! Only $5.95 plus 45¢ shipping and handling. Money-back guarantee.

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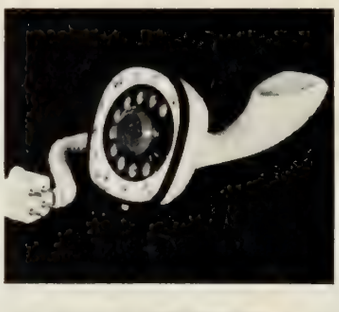
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Crafted in genuine glove this boot's perfect with all y outfits. No-seam vamp, a buckled strap. Resilient rib well-balanced 1-inch heel black, white, navy, red Sizes 5-10M. $17 + 90¢ p Pueblo Traders, 600-B8B- try Club Rd., Tucson, A



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It's fun, it's easy and exc everyone. The complete cu kit makes the dramatic sa (above) "Florence A II". Incl a 24" x 16" avocado felt panel, curvillusion punch dle, string, and directions. 75¢ post. West-Berg Ent., 4749, Colorado Springs, C



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A lovely cardigan of washable orlon acrylic with a hand-crocheted look. Light in weight, yet comfortably warm on chilly evenings. Has pretty shell stitch; scalloped ribbed trim; easy shoulder; ¾ sleeve. Your choice of white, black, beige, pink or light blue. Sizes 32 to 46.

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to store a dinner service. able cupboard space and ipping and breakage. All- dy with soft vinyl cushion- s 40 pieces, 8 each: cups, oup bowls, dinner & des- 9"H x 11½" across. $3.49 st. Holiday Gifts, Dept. eat Ridge, CO 80033.



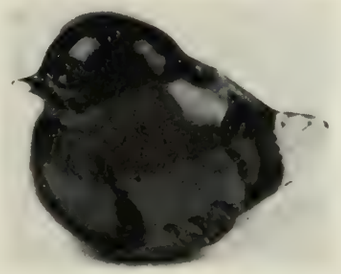
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stalgia for those of us who mber stuntmen and sky- this aeroplane. Remem- isp white lettering slowly cross the sky as the pilot spelled out his message. " wing span. Style 710. . Spear Eng., 3013 Spear rado Springs, CO 80933.



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r's item in rich deep blue d by "Tyko", the famous rtist who designed it. To asure and enhance that ot; buy several for gifts each; two for $10.98 + Order from The Ferry pt. BH-8, Briarcliff Manor, 10510.



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ad Revere Ware Miniature rfect size for mini jobs. eat, serve, make sauces, r, etc. Pretty enough to go e to table. Marked ¼'s, cup, stainless steel with a ttom. $2.25 ppd. Walter 77 Drake Bldg., Colorado Colorado 80940.



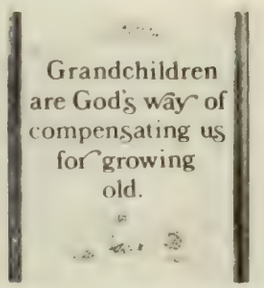
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f comfort for napping and t home in bed, in a chair, aveling in a car, plane, etc. purse or pocket. Acetate r cover helps protect your rescent-shaped cushion our neck and supports . $3.98 ppd. Better Sleep, New Providence, NJ 07974.





Fishin' Fever Sale!

on name markers for mailboxes, lamp posts & lawns

order before August 31st save $2.00

order before September 30th save $1.00

Spear DAY-n-NIGHT MARKERS

LAMP POST & WALL MARKERS



STYLE BR $6.95



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(FIT ANY MAILBOX)



STYLE M $5.95



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LAWN & HANGING MARKERS



STYLE EL $8.95



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STYLE NH $8.95

Along about this time of the year, everybody gets fishin' fever, so we're having a fishin' fever sale. Here's how it works. If you order before Aug. 31, deduct $2.00 per marker. Or, if you prefer, go fishin' for a while, and order before Sept. 30 and deduct $1.00 per marker. If you hurry you'll save more, but either way, you save money!

- Same wording both sides. Any wording you want, up to 17 letters & numbers on long (18") plate; 6 on short (7") plate.
- Black baked enamel coated aluminum plates with embossed white reflector beaded letters.
- Solid rustproof aluminum plates, scrolls and frames.
- Easy to install. Exceeds U.S. Postal Regulations for mailbox identification.

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THE SOONER YOU ORDER — THE MORE YOU'LL SAVE!

48-hour shipment—satisfaction guaranteed or your money back.

If you wish to use your charge card, please fill out appropriate boxes below:

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Spear ENGINEERING COMPANY

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STYLE →		ANY WORDING YOU WANT

PRICE $

ADD POSTAGE & HANDLING REGULAR 75¢ AIRMAIL $1.25

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FISHIN' FEVER SALE! FISHIN' FEVER SALE! FISHIN' FEVER SALE!

The man next door®

Dave Cavanaugh says he must have been bringing too much of his lawyer-talk home from the office. In the matter of the broken basement window, his younger son, Ted, pleads nolo contendere.

Experience is a great teacher except that, in most businesses and professions, what all that experience taught you five years ago no longer applies.

One credibility gap with my daughters has proved unbridgeable; they refuse to believe a grown man doesn't know his own sign of the zodiac.

The Rev. George Hall says that at least he isn't in danger of being replaced by a computer, although he concedes he has preached some sermons that could have been written by one.

Summer rushes by with so many things not accomplished. In panic, Rosemary realizes she has only a few weeks left to make her suntan spectacular enough for the return to college.

No wonder stamps are so expensive, says Bill Norman, irked at the slow delivery of some mail. Nowadays you're not just paying for delivery—but for storage.

Judy won the under-12 backstroke event at the end-of-season swimming meet and is worried that she may be too old for the next Olympics.

Congressman Nick Hanfli says it's time to take a break from campaigning when he finds himself denying things he hasn't been accused of.

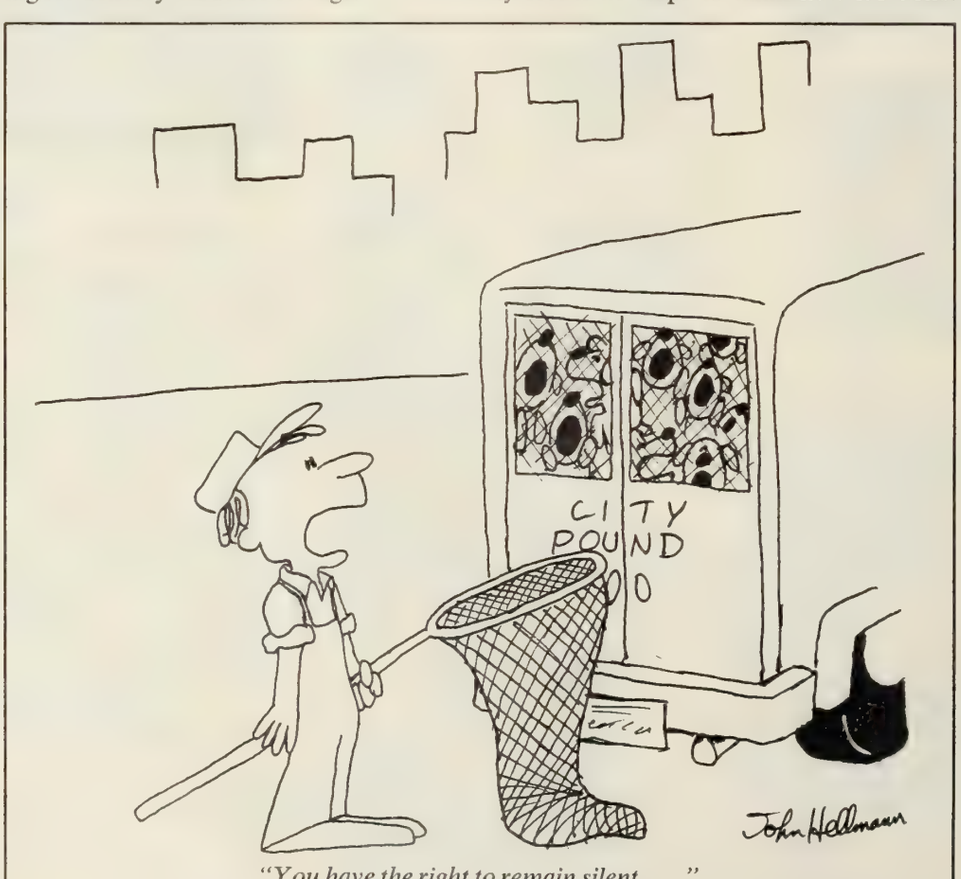
If a community has the proper values it will admire its successful citizens, but love its eccentrics.

I like the trend toward informal entertaining and even enjoy sitting on the floor, although I wish somebody would explain how to get up again.

No compliment is quite so impressive as the information relayed by one of your children that her friends think you're kind of cool anyway.

Gus Scaviglia, who is active in civic affairs, asked me the other day what he could do with an engraved plaque with his name spelled wrong.

A man never forgets how to ride a bicycle or tie a tie, but in both cases he's hopelessly lost if he stops to think how it's done.



"You have the right to remain silent . . . ."

The phone at our house had been awhile one recent Saturday when an a ator broke in and said she had an e gency call for me.

The "emergency call" came from phoning from a lake where he and teen-agers had gone for an outing.

"I just couldn't wait any longer, said. "I caught a 12-pound catfish to The boat dockman says it's the bigges ever caught in this lake."

I congratulated him sincerely—and gave him a few pithy words about meaning of an emergency call. In s he stirred a mixture of emotions in m

That same thing—a mix of emotio has been happening to me for se weeks, ever since I expressed my about the energy situation and invited opinions.

Many more of you responded th had expected. I was overwhelmed, g ful, and genuinely humble—even th Christine says my head might swell cause about 96 percent of you agreed me.

Some of you feel it's time for all of reorder our personal priorities and into simpler life-styles. Some agree cially with my comments on travel an beneficial effect on family life.

Some are angry and distrustful o so-called energy crisis. Others voi sense of despair, saying there seem t no real solutions to the country's probl

And then there are those people say I'm all wet. That's fine. I need to help me keep my feet on the groun

Chris and I especially enjoyed those ters that told us a little about yourse

So many of you are lovers. The y wife writes about newlywed happi The retired man writes of kidding talk his wife of many years.

So many of you are also doing deeds, helping the sick, the elderly, handicapped, the needy.

So many of you are simply trying t something about the day's problems, during triumphs and disappointments grace and wisdom.

And for those of you who are grow cynical and skeptical about the pe who run things, despair not.

We'll make it okay in this cou Young people still marry, babies still born, spring still comes, people still free to read and say what they please, not only endures but usually preva and boys still get very excited about ca ing fish.

Burton Hill

Better Homes and Gardens.

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great food ideas
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v to make your kitchen come
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vers, clay pots and other
ural materials





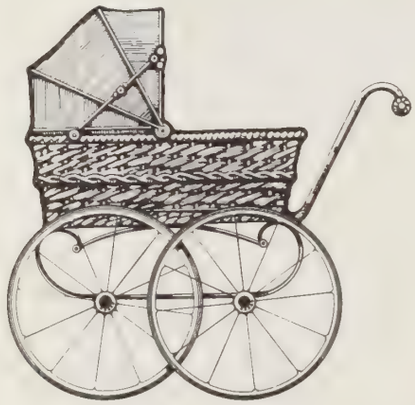
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What are the facts about birthmarks?

Parents understandably are concerned when their new baby has a mark on its skin—particularly one on the face or one that's large or vivid.

Such skin irregularities are commonly called "birthmarks," whether they are present at birth or appear within the first several months of life. About one out of every two babies has a birthmark, which can range in size from a tiny blemish—fortunately, the most typical—to a disfigurement covering much of the body.

The main problem posed by birthmarks is their unsightly appearance, which can lead to severe psychological problems.

What causes birthmarks?

There is no evidence that the most common birthmarks are hereditary; they do not appear to run in families. Nor is there grounds for folk tales and superstitions that a birthmark is caused during pregnancy by a mother's bad dream, frightening experience, or injury. Similarly, birthmarks are not caused by injury to infants during delivery. A birthmark probably results from a defect or "accident" in the early development of the unborn infant's skin; the cause of such defects is at present unknown.

What are the most common kinds of birthmarks?

Doctors classify birthmarks according to the type of skin tissue or cell where they originate. The skin consists of three distinct layers, nourished by blood and lymph vessels, and containing cells for pigment, hair, sweat glands, and oil glands.

Blood vessel abnormalities *(hemangiomas)* are the most common type of birthmark, affecting nearly half of all newborns. Hemangiomas occur most frequently on the head and neck, although they can occur anywhere on the body. Three-fourths of all children with hemangiomas have only one and only rarely does a child have more than six.

By far the most common type of hemangioma is the salmon-colored patch, which is rarely larger than a penny and appears on the back of the neck, upper eyelid, or forehead. Because such marks —commonly called "angel's kiss" or "stork bites"—become reddened and thus more prominent when the infant cries, parents are often alarmed. But these marks ordinarily fade and usually disappear shortly after birth.

The port-wine stain, named for its bluish red color, is caused by a defect of the small blood vessels close to the skin's surface. The stain has an irregular shape and is perfectly flat. Its size is variable; it usually is smaller than a silver dollar but may cover a large portion of the face, shoulder, or arm. While the port-wine stain does not grow in size except as the child grows, it *does not* fade or disappear. Perhaps one-third of all adults have such a mark, most commonly on the back of the scalp where the stain is covered by hair. Attempts to destroy or treat port-wine stains are not very successful, often producing a lumpy surface more unattractive than the original mark. The best way to deal with such a mark is to conceal it: flesh-colored waterproof makeup specially designed to cover birthmarks is available in the cosmetic sections of major department stores. Even children can learn to apply the cream every morning.

Larger and deeper faults in blood vessels produce birthmarks with a red, bumpy surface. Some resemble strawberries and are called *strawberry hemangiomas;* the largest and deepest are called *cavernous hemangiomas* because of the relatively cave-like size of the blood vessels when viewed under a microscope.

The fact that almost no adults have these strawberry marks confirms the medical philosophy of "masterful neglect." If left untreated, such marks usually disappear by the time the child is of school age. Strawberry marks typically appear soon after birth, increase greatly in size for six months to a year, remain stationary for a few months, and then begin a slow disappearance. The deep, cavernous hemangiomas (rare) remain stationary but do not disappear; plastic surgery may be considered after a number of years without change.

Lymph vessel abnormalities *(lymphangiomas)* are enlarged lymph vessels and they are also rare. The superficial lymphangiomas are small clusters of pearl-like blisters; the deep ones are masses which may or may not be raised above the surrounding skin, with the skin appearing normal or slightly discolored. Surgical treatment sometimes may be indicated.

What is the current approach to treatment?

Generally doctors adopt a "watch and wait" approach with birthmarks, rather than subject a very young child to drastic treatment. Sudden enlargement, bleeding, infection, or encroachment on the eye, nose, mouth, urethra, or anus may indicate the need for treatment. The doctor also may want to measure or photograph the birthmark for comparison purposes at regular intervals.

How can parents help?

First, seek a medical opinion about the mark, so you'll know what to do and what to expect. If no active medical treatment is necessary, then simply accept your child's birthmark and don't focus undue attention on it. This way you can help your child live with the birthmark with a minimum amount of psychological complications. ■

Lynne Lamberg

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Better Homes and Garden

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IF YOU LIKE WHITE, YOU'LL LOVE





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Family Problems:

How to get help in a hurry

• A young married couple seem to have lost direction. They bicker constantly—about money, the children, sex. Neither wants a divorce, yet the gulf between them yawns wider and wider. How can they be brought back together?

• A company goes out of business, plunging hundreds of employees onto the jobless rolls. One of the formerly high-salaried executives has difficulty finding a new position. Interview follows fruitless interview until he is depressed and demoralized. His wife can't seem to persuade him to continue the search. Who can help bolster his self-esteem during this crisis?

• A mother of three preschool children is taken seriously ill. During her hospitalization there is no one to care for the children and manage the household. Her working husband can't stay home to help, relatives are too distant, and a professional housekeeper is beyond the family's budget. Can someone step in to fill the breach?

Emotional and domestic crises like these crop up at some time in virtually every family. They are temporary and seldom so severe as to require drastic intervention, yet obviously they must be dealt with quickly before they shatter the whole family structure. Sometimes they indicate an ongoing problem that must be overcome if it is not to recur. Yet the stricken families themselves are often baffled and unsure where to turn for help. Many of them find the idea of psychiatry inappropriate, even frightening. In earlier times, these families might have sought the advice of an elderly relative, a kindly family doctor, or a clergyman. But in today's fragmented society, relatives are often far away, and the doctor or minister is a virtual stranger.

Although many troubled families are unaware of it, professional help—within the range of every budget—is available. Agencies exist in every metropolitan area to help families solve their problems. These organizations are staffed by counselors trained to deal with family crises—both to provide short-term help and to straighten out the underlying difficulties which may have precipitated them.

Among the helping hands are sectarian agencies such as Catholic Family Service and the Jewish Family Agency; the Urban League, which helps black families as part of its broad program; voluntary, community-supported family agencies, many of which are affiliated with the Family Service Association of America; specialized agencies which deal with particular problems that affect the family, like alcoholism and the effects of retirement; and family counselors in private practice and nonprofit family institutes. Last year the 318 affiliates of the Family Service Association alone gave help to two million Americans.

How can you find help when your family needs it? What treatment and what benefits will you receive? Here, in question-and-answer form, is what you should know about community "trouble clinics" and how they operate:

Isn't family help primarily for problem families—delinquent, welfare cases who can't afford psychiatric help?

Actually, according to a mammoth study of 3,600 family agency cases, conducted by the Family Service Association of America and directed by Dr. Dorothy Fahs Beck and Mary Ann Jones, a striking proportion of family agency clients are upper middle-income, college-educated professionals and managers earning more than $20,000 a year. Another large number are high school graduates with incomes of $9,000 plus. Moreover, the study showed that these families benefited at least as much as lower income households.

Less privileged families do make up a disproportionate share of the case load of the voluntary agencies—understandably, perhaps, since money difficulties often precipitate other difficulties. But family crises are no respecters of purse or status, and recent evidence certainly indicates that affluent suburban families have as many problems as less well-off inner-city dwellers. Indeed, the agency clientele today merely proves how universal family troubles are. A small but increasing number of those who seek help are young couples living together outside marriage who find they have many of the same problems as their married parents.

What kinds of problems do family agencies deal with?

Virtually everything that might touch the American family—or any member of it. A West Coast agency caseworker recently logged all the cases that came to her during

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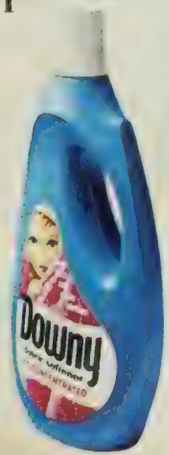
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Clorox. It does more than the wash.

continued

Family problems

a single week. They included a teen-age dropout, a couple on the verge of breakup, a man who couldn't find a job, a recently widowed woman who needed advice and support, an underachieving child, young newlyweds with money differences, an elderly couple who couldn't adjust to retirement, and a man who thought his wife was having an affair.

The Rev. Richard N. Fowler, who counsels members of his parish at the Episcopal Church of St. Mary the Virgin in San Francisco, says the most common cause of family problems is "unrealistic expectations"—whether of a spouse, a child, the world—or one's self. The FSAA study showed that almost half of the people who come to family agencies say that "marital conflict" is the reason; next most common is "parent-child problems." Other problems, in order of frequency, are personality adjustment of an adult, child-rearing and child-care questions, social contacts and use of leisure, money management, personality adjustment of an adolescent, inadequate income, school performance or behavior, physical illness or handicap, need for caretaking or protective services, personality adjustment of a child under 13, unemployment or unsuitable job, home management, housing, mental illness, alcoholism, legal problems, crime or delinquency, and unwed parenthood.

However, most families have multiple problems or problems that fall into more than one category—such as a husband and wife who argue over how to raise the children. And often the crisis which provokes a family to seek help is only the visible part of the iceberg—the most serious problem still lies beneath the surface. "Generally, people don't come in until they're at the point of desperation," says Dr. David Crystal of San Francisco's Jewish Family Service Agency—meaning that the agency must first help with the immediate emergency and then tackle the underlying problem. A recent example is a compulsive gambler who had to be somehow bailed out of his debts and then counseled to deal with his compulsion.

Whether public or private, most agencies aim first and foremost to preserve the fabric of the family and to solve the problems before they damage or destroy it. "Problems costly to the taxpayer and the voluntary contributor are prevented when families strengthened," declares Cla Blackburn, general directo the Family Service Associati America. Blackburn cites th ample: A mother of four w set by severe marital prob failing health, and emo troubles. Counseling for bo and her husband enabled h avoid hospitalization, save marriage, and avoided the to place the children in care. Says Blackburn: "Tr was avoided and the annua ing in tax funds was at $3,200."

Yet while the first prior keeping families together, i done "at the price of m dom," Dr. Crystal emph Sometimes counseling dis differences impossible to b and the counselor will h couple work through the involved and perhaps even for separation as the heal solution for all parties.

What methods do agencies deal with family troubles?

Some problems call for im ate, one-shot intervention— as providing a homemaker motherless home—but mo "the talking cure."

A counselor will meet family members in his listen to their versions o problem, urge each to expre thoughts and feelings abo and then try to guide them t a mutually acceptable sol Sometimes he counsels eac son separately, bringing the gether after he has hear sides; sometimes he uses f therapy, treating them as a The discussions may range f yond the immediate proble illuminate the conditions a lationships which produced

The counselor himself impartial intermediary, leading questions to kee family members talking to other. "How do you feel what Jane says, Sam?" h ask, or, "Can you think o other way you might handl situation?" His objective is family members to confron problem together and solve themselves. "People have m a commitment to something themselves have proposed," Lyle Slaughter, director of seling for the Family S Agency of San Francisco.

Much is heard about "en ter" methods of dealing with ily problems, but these ar dom used by agencies. How they do have many novel ods for exposing family co A recent innovation is "i replay." A family intervi videotaped, then played ba

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Paint the town.



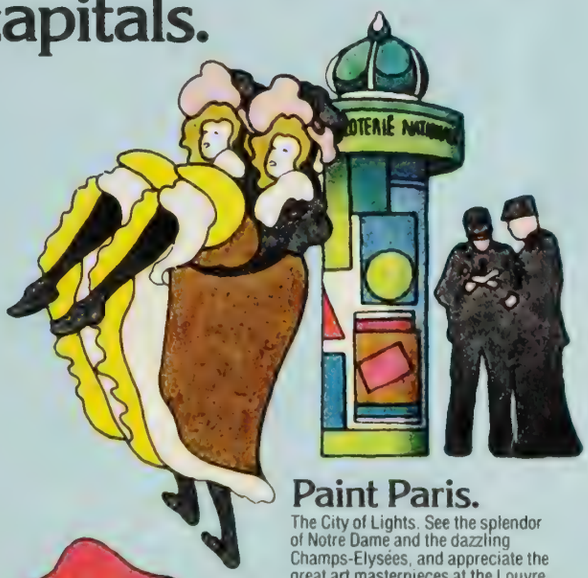
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2. Each entry must include the Dutch Boy figure cut from the label of the Dutch Boy can of paint or a 3" x 5" piece of paper on which you have hand printed the name "Dutch Boy" in plain block letters. To be eligible, entries must be postmarked no later than Nov. 15, 1974 and received no later than Nov. 25, 1974. No purchase necessary.

3. All winners will be determined in a random drawing from all entries received by Century Group, Inc., an independent judging organization whose decisions are final. Taxes, if any, are the sole responsibility of the winners. All prizes will be awarded. Only one prize to a family. No substitutions of prizes permitted.

4. Sweepstakes open to all residents of the United States, except employees and their families of NL Industries, Inc., its advertising agencies and Century Group, Inc. Void in the states of Idaho, Georgia and Missouri, and wherever else prohibited by law. The odds of winning will be determined by the number of entries received in total Sweepstakes.

5. For a winners list, send a separate stamped, self-addressed envelope to: Dutch Boy "Paint the Town" Sweepstakes, P.O. Box 1970, Baltimore, Md. 21203.

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continued

Family problems

the family can see how their interactions look to the impartial eye of the camera. The results are often revealing. "My God!" one mother exclaimed after watching herself on tape. "I didn't realize I had that expression when I was talking to you." In that instant, she could see one reason for her strained relationship with her daughter.

Role-playing also helps family members understand each other's viewpoint. A hypothetical situation is set up, in which parents may act out the parts of children and vice versa. The switch enables them to experience the others' feelings and reactions. Still a third method is to project a film about a family problem, then ask the family to propose an ending for it. This often reveals their feelings and attitudes toward their own family situation.

Agencies also sponsor group sessions for common problems, such as marital conflicts, relationships with adolescents, budgeting and use of leisure time, feelings of loneliness. Clients are often helped simply by finding that there are others in the same boat, and sometimes they can work out solutions, or provide each other with the fresh viewpoint or necessary support to solve difficulties individually.

Agencies seldom give direct financial help, but may do so occasionally rather than refer a person to public authorities. When an electronics firm recently folded in the San Francisco Bay Area, the Jewish Family Service Agency loaned money to a number of formerly high-salaried employees until they found new jobs. "It was important to maintain their self-esteem and dignity during this trying period if they were to remain productive members of the society," says Dr. Crystal. "Going on welfare would have shattered them."

Sometimes agencies find a problem beyond their scope, and refer clients to those better equipped to handle it. Many agencies work closely with Alcoholics Anonymous or with drug programs, for instance. Or sometimes families with chronic overspending problems are referred to a "debt clinic" sponsored by local merchants, which has the two-fold aim of clearing immediate debts and helping families avoid unmanageable debt in the future.

Doesn't counseling continue for a long time?

Since the prime aim of a family counseling is to solve an immediate crisis and keep the family functioning, much of it is short-term. According to the Beck-Jones study, about 70 percent of cases required five or fewer one-hour weekly sessions. This figure obviously includes many people who withdrew after a single meeting, sometimes before a real solution was achieved. However, even more prolonged counseling generally lasts only about six months, according to Lyle Slaughter. Some counselors now even establish a deadline for terminating the sessions. This soothes clients' fears of long, drawn-out—and perhaps very expensive—therapy while keeping the pressure on them to arrive at an early solution to their problems.

Although an hour a week is the common counseling pattern, it is not inflexible. Group sessions usually last several hours on a weekly schedule. Sometimes a counselor will continue counseling one member of the family on an irregular basis after the others have finished, or may even visit the home to observe the relationships. The four branches of the American Institute of Family Relations in Southern California operate a weekend counseling marathon. Couples and families come from as far as Singapore and Buenos Aires to spend the period from Friday afternoon to Monday morning in continuous counseling. (They often combine their trip with a visit to Disneyland.) And some clients do not see counselors at all. They "talk out" their problems on the phone—and often that alone gives them strength enough to cope.

What are the counselors' qualifications?

Most hold a master's degree in social work and many have taken additional graduate training in counseling techniques and psychology. Some hold doctorates in clinical psychology. Few are certified psychiatrists, which means they cannot prescribe drugs or employ medical treatment, but in practice most agencies have a cooperating or con-

continued

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continued

Family problems

sulting psychiatrist who may advise or assist in more difficult cases. Some states now require that counselors pass an examination and be licensed.

To assist families in trouble, most agencies also marshal other resources. They may have a lawyer on the staff part time to assist with legal advice, an educational specialist to deal with learning problems, a banker or financial adviser to help with money troubles. They usually work closely with such agencies as the Legal Aid Society, the Department of Public Assistance, Social Security, and others. "If we can't handle a problem, we can usually find someone who can," says Lyle Slaughter.

How much does counseling cost?

Private-practice counseling can come high—up to $75 an hour. The sectarian and voluntary agencies are cheaper, and free to some people. Most of these agencies set fees on a sliding scale, based on length of treatment, and family income and obligations. Fees are usually arranged in advance, and they can be paid off in installments.

Typically, the Jewish Family Service Agency of San Francisco charges fees from zero to $35 an hour, establishing them on the basis of gross monthly income and the number of family dependents. A family of six earning $500 a month is counseled free, whereas a man with a monthly gross of $3,000 will pay the full $35. A couple earning $1,100 pays $22 an hour, with the figure reduced for each child, down to $12 an hour if there are four children. Group therapy costs less, typically $25 to $30 a month.

Most counselors believe that a family should make some payment. A financial commitment may increase their valuation of the experience, and prods them to carry out the program they have decided upon. If the service is free, they may regard it as worthless, and thus easy to abandon. Also, most voluntary agencies require fees to make ends meet. Their budgets are limited, since their principal support (other than fees) comes typically from community chest and United Way drives.

How does counseling differ from psychiatric care?

Obviously, they overlap, often handling similar cases. In general, however, psychiatry concerns itself with more severely disturbed persons than does counseling. Techniques used in psychiatry can include medication, hospitalization, shock treatments, and prolonged therapy. The problems counseling handles are typically milder, and once they are resolved, the person can usually be quickly restored to relatively normal living.

But sometimes counseling discloses a much more serious and stubborn condition than was originally supposed, and then the counselor will refer the case to a psychiatrist. And, too, family counseling is directed at helping the family to cope with crises and improve the functioning of the family through a relatively brief treatment. Psychiatry usually takes much more time (and often a more intensive approach) in the hope of improving severe individual problems.

Are interviews confidential?

Yes. Most agencies take elaborate precautions to ensure confidentiality, often using only first names to maintain anonymity, especially since some stigma still attaches to persons asking for outside help. Even when a counselor is seeing members of a family separately he will usually not disclose to the others what has been said in individual interviews, without advance consent. However, since one aim of counseling is open communication within the family, he will urge that such confidences be brought into the open.

Confidences to a counselor do not enjoy legal privilege, unlike confidences to a doctor, lawyer, or priest which need not be revealed in a courtroom. However, most courts respect the confidential nature of counseling interviews, and will not compel counselors to testify as to what was revealed to them in confidence.

Does counseling really help to solve family problems?

The Beck-Jones study for the Family Service Association showed quite clearly that it does —when clients' expectations are realistic and counseling continues long enough to get down to basic questions. Both clients and counselors surveyed by Dr. Beck reported a marked change in attitudes and in ability to cope with problems after about ten to 15 interviews, and the success rate went up with the duration of treatment, eventually leveling off. And both groups said the final outcome measured up to what they hoped could be achieved when counseling began.

Some types of problems lent themselves better to counseling than did others, the study showed. After marital counseling, for instance, two-thirds of the w and three out of five of the bands reported improve Three out of four said they understood the problem an reasons why it arose, and reached decisions and take tion which improved their And the overall improve ratings were slightly highe children's problems than marital problems.

Overall, 32 percent of c described their family rela ships as "much better" after seling; another 38 percent they were "somewhat be Four out of five clients rep that counseling had been he

How can a family find help it is needed?

You might start with the Y Pages of the telephone direc The listing "Social Welfar ganizations" includes volu and religious agencies, su Family Service Associatio America affiliates, Catholic S Service, Jewish Family Se Agency, and so on. "Ma and Family Counselors" those in private practice and ics operated under private a es. Many also describe co ors' credentials and their s areas of practice.

Your clergyman may pe counseling himself, or refe to a professional counsel agency. A family doctor, may be able to recomme counseling agency. Most n politan areas now have a line," or "switchboard," you may telephone for Some of these provide li counseling on the telep others provide referral serv direct you to the proper a or assist in small crises.

The Urban League mai counseling services for families in some cities. The phone book also lists spec in counseling the elderly, m personnel, the jobless, people, and alcoholics or abusers.

The Family Service As tion of America, 44 W. Street, New York, N.Y. 1 can direct you to its neares ate. The American Institu Family Relations, 5287 S Blvd., Los Angeles, Calif. 9 maintains a nationwide re service of both private and services, as does the Am Association of Marriage Family Counselors, 225 Ave., Claremont, Calif. Yo seldom have to wait for a fact, the Beck-Jones study s that six families out of could be helped immediat

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e fire starters and tches." They're easier nd more dependable r and wooden matches they light even when

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g camp stove stand. It room to store and will stove up to a comfort- ng level.

plastic food tubes. sold in backpacking they're great for toting es, and condiments to ite. Fill the tubes from , seal, and squeeze the e top. They save space t, and won't break.

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Starting a lawn from seed

If your builder left you bare soil around your house, get it seeded before winter. The seed you plant now will germinate quickly during the warm, humid days of late summer. And the new seedlings will grow vigorously in the cooler, rainy days that follow in the early fall.

The lawn you grow is no better than the one you sow. If you start with annual grasses, you'll soon be fighting crabgrass and other weeds.

Start with high-quality seed that's suited to your area and you can have a great lawn—as fine as any that was sodded.

In the cool-season parts of the country (north of Memphis and Washington, D.C.), your best buy is a carefully blended mixture of varieties of permanent grasses. These will grow under many conditions—sun or light shade, heavy soil or sandy soil. Be wary of seed mixtures that contain only ten to 20 percent of lawn grass with the rest made up of coarse, weedy fillers. If you want to plant a lawn instead of a pasture, look for a mixture that contains at least 90 percent of desirable, permanent lawn grasses.

In the South, the unblended grasses—such as pure bermudagrass—are used more frequently. Also, many of the improved types of warm-season grasses can't be started from seed—they must be plugged or sprigged.

Cool-season grasses

- Bluegrass. Because of its many desirable traits, this is the number one favorite in cool climates. Bluegrass survives dry weather, spreads to fill in bare spots, is not excessively invasive around flower beds, tolerates a wide range of soil types, and has a nice texture. But unless you water in extra-dry summers, the blue-green color may turn light brown. Plant food applied at this time invariably "burns" the grass, so don't feed to force growth. Even with supplemental water, summer growth of bluegrass never equals spring and fall growth. Greenness and growth renew in the fall.
- Red fescue ranks next to bluegrass in the North; the two combine successfully in mixtures. Red fescue tolerates dry shade and poor soil.
- Tall fescue is tough and rather coarse; it's worth a try on areas that take abuse.
- Bentgrass forms the finest of all turfs in the North (it usually is used on golf greens). It requires continual care, but if the ultimate in lawns is your goal, bentgrass is for you.

Warm-season grasses

- Common bermudagrass is widely used in the South. It spreads rapidly, chokes out weeds, forms a dense turf, and tolerates close mowing and hard wear. But it tends to be invasive, so you may have to edge flower beds to keep them grass-free. It doesn't do too well in shade.
- Zoysia thrives in moderate shade as well as sun, but it takes longer to get established than bermuda. *Zoysia japonica* can be started from seed. It's the hardiest (taking temperatures as low as 20 degrees below zero) of the zoysias, but also has the coarsest texture.
- Centipede performs successfully in moderate shade and infertile soil, and is relatively free of insect and disease problems. Plant seeds or sprigs.
- Carpetgrass is recommended for infertile, sandy soils. It's not tolerant of shade and must be mowed frequently.

Tips to remember

1. Don't be impatient. Seeding a lawn successfully takes a couple of weeks of rather constant attention to watering, and you can expect a four- to six-week wait to get something that looks like a lawn.

2. Check your grading before you start work. It's much easier to achieve proper contouring now than after the grass is established. On a seeded lawn, the soil should be an inch below paved surfaces. If you're unhappy about the contouring, it might be best to have it professionally corrected before you prepare the seedbed.

3. If your lawn is large, divide it into two parts and sow them at two-week intervals. This will make it easier for you to keep the seedlings moist if rains are below normal. Don't sow more area than you can keep moist—the survival of seedlings depends on moisture.

4. Cover sloping beds with burlap or any other open-mesh cloth right after seeding. Pin the cloth down, and remove it after grass has had time to germinate and pierce the fabric.

5. Adding topsoil is optional. You can grow grass on soil that's almost pure clay. If you're working with clay subsoil, you can make the job easier by adding organic matter to improve the soil structure. Check with your nurseryman to see what organic materials are readily available in your area. Given the size of your lawn, the nurseryman can figure the quantity of organic matter needed. Spread material evenly over the lawn and mix it thoroughly into the top few inches of soil. Use a rotary tiller for the mixing. Do this before you fertilize the seedbed.

6. Start mowing a newly seeded lawn when the grass is about two inches high.

continued on page 26



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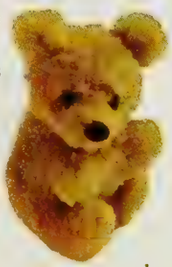
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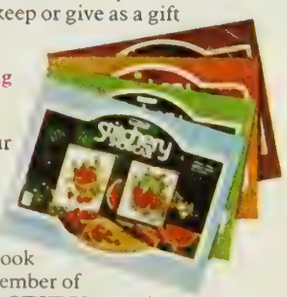
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Buying Guide

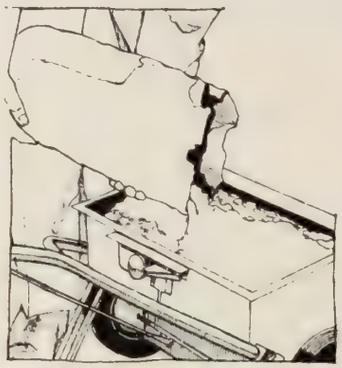
For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 131 for this shopping information.

begins on page 20

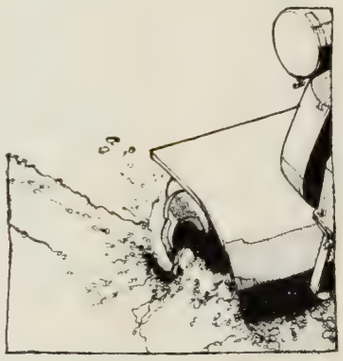
Starting a lawn from seed

Mow when the soil is fairly dry so the mower won't damage young plants and leave deep wheel marks.

Step by step to a fine lawn



Before preparing the seedbed, spread a fertilizer made for lawns over the entire surface. For even distribution, use a mechanical spreader. Apply food as suggested on the package. Prepare seedbed



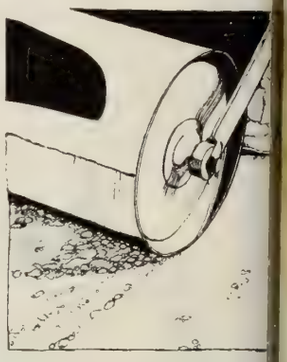
with a rotary tiller (which can be rented) or have the soil plowed and harrowed. Work the soil to a depth of at least four to six inches; the fertilizer must be incorporated. Rake soil level and remove



all stones and other surfa bris. Fill in all minor depre in contouring as you work ing soil from high places spots. Leave the soil ribbe rake marks—they will help and hold the grass seed.



It's best to sow seed with chanical spreader. Stop o stir the seed in the hoppe is vital with a mixture. If y by hand, sow half in one tion, the rest at right ang



To firm the seed, use a roll just enough ballast in it off the rake furrows. Or, right angles to the origi rows. Either method cove seeds effectively. Sprink



immediately after sowing moisten the top inch of so the soil dark with moistu least two weeks. When up, water more deeply, le

Drawing: Graphic Corp.





The splendor of English formal gardens reincarnated in Regency Rose. From Cannon Royal Family International Fashions.

Blossoming on crisp, no-iron cotton and polyester percale sheets and pillow cases. Truly washable Permapoint™ quilted polyester and cotton bedspreads. And beautifully thick all-cotton towels.

Regency Rose in parchment, as shown. In blue. And in pink. A soft new landscape for your home.

International Fashions™

Cannon® Royal Family

Cannon Mills Inc., 1271 Avenue of the Americas, New York, N.Y. 10020

A Bird Architect® 70 roof improves your landscape as much as it protects your home.

The warm textured earthtones blend in naturally with sky, trees, terrain ...everything from formal shrubbery to rugged wilderness.

The deep, irregular shadowlines remind you of wood shakes. But these shingles are today's heavyweight asphalt, which won't rot, warp or burn like wood. And cost considerably less.

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Your Bird Roofscaper is in the Yellow Pages. Call him today for a free estimate.

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E. Walpole, Mass. 02032

Better Homes & Gardens
Sept. 1974

☐ Please send me your 32-page, idea-packed booklet, "What You Should Know About Roofing and Siding Before You Build or Remodel." I enclose 50c in payment.

Name _____

Street _____

City _____ County _____

State _____ Zip _____

Phone _____

Please send me free basic facts on
☐ Bird Asphalt Shingles. ☐ Bird Solid Vinyl Siding.
I'm thinking of ☐ building. ☐ remodeling.

Bird roofing not sold in Midwest

Roofscape™ by Bird.



to
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Photograph: de Gennaro



Food Stylist: Mable Hoffman

ONERS' CONCEIT

randy snifter in the re-
section—not the freez-
If the glass is too cold
over during serving—

sherbet
ge sherbet
berry sherbet
n sherbet
pple sherbet
can mandarin orange
drained

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bet into balls. Place on
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ach of the fruits alter-
large chilled brandy
a large chilled* glass
in individual serving
g with Double Berry
. Makes 12 servings.

ERRY WINE SAUCE

e into the sauce after
that a stronger wine
ome through—

package frozen
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nberry juice cocktail
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n, bring raspberries
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gh sieve. Return juice
aucepan. Stir together
cornstarch. Add to
berry mixture. Cook
mixture is thickened
. Stir in wine. Cool
Serve with Confec-
nceit. Makes 2¾ cup
nd fruit sauce.

SPECIAL OFFER!
31 hearty economy recipes plus 63¢ in valuable coupons.



Create family-pleasing dishes like Italian Pancake Lasagna, Sausage-Corn Casserole, Pancake Burger Bash, and Dilly Cheese Loaf. They're all economical recipes made from pancake mix.

Contains desserts, cookies and muffins; tips for making perfect pancakes; syrups and toppings, too.

A Special Offer from Hungry Jack Pancake Mix, Imperial Margarine and Mrs. Butterworth's Syrup.

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Hungry Jack Cookbook
Box 1532 Dept. 314
Minneapolis, Minnesota 55460

Enclosed is my 25¢ in coin, plus one purchase proof from Hungry Jack Pancake Mix, Imperial Margarine *or* Mrs. Butterworth's Syrup, for each book ordered.

Send my Hungry Jack Pancake Mix Cookbook with money-saving coupons to:

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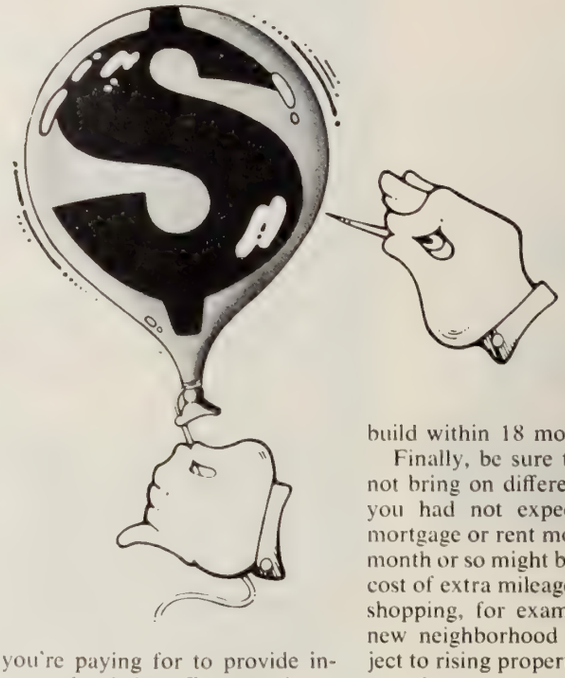
CITY _____

STATE _____ ZIP _____



MNP TEXIZE CHEMICALS COMPANY
DIVISION OF MORTON-NORWICH PRODUCTS, INC.

How to cut those high fixed costs in your budget



We're all trying to keep careful watch over our dollars in these high-inflation days. But even with a sound spending and savings plan, there are some committed costs—commonly called "fixed" expenses—that seem almost impossible to eliminate or trim. The fact is, you may be able to cut them significantly. But first it takes a good, hard look at how your family's money is managed.

What are fixed costs?

Most professional money managers think of fixed costs as those you are committed to pay one way or another on a regular basis over a long period of time. You probably face mortgage or rent payments each month, for example, as well as utility bills, installment loan payments, and perhaps some fixed transportation expenses.

Other committed costs can include insurance premiums, taxes, certain household operating payments, and education fees—perhaps not due each month, but all costs you have previously agreed to pay at regular intervals during the year.

Too often, people take fixed expenses for granted. Actually, close examination and some imaginative consideration of alternatives may well help you manage your fixed costs more to your advantage. As you review the following areas of family money concerns, keep these general thoughts in mind:

- Are those costs you have always considered "fixed" really so "fixed" after all? Perhaps some are much more flexible than you believed.
- Can any be eliminated altogether?
- Are there ways of combining costs, or rearranging payment plans, to loosen up the fixed-cost squeeze?
- Can you use certain assets you're paying for to provide income that helps offset costs?
- Can you share fixed costs with family or neighbors, rather than bearing the burden all by yourself?

Your home

Thirty percent or more of your family's budget probably goes toward housing and home-related expenses. Even though most of these costs cannot be eliminated overnight, some might be lowered if managed more efficiently, and others could be offset by new alternatives:

- *Consider a move.* As drastic as that sounds and as impractical as it would be in most cases, do not overlook this possibility. As family lives change—as children grow up and leave home, or retirement approaches—housing needs change, too.

If you decide to move into a less expensive house, remember that there will be costs initially that may offset your early fixed-cost savings for mortgage or rent, maintenance, and other home-related bills. Selling your old home, finding a new one, engineering a mortgage (especially at today's high interest rates), and paying new closing costs all can take time and money.

There are tax consequences, too. Unless you are past retirement age, you will be required to pay full capital gains on any profit you make selling your present home. (The law says that you can defer such taxes if, instead, you buy upward on the economic scale within a year, or if you build within 18 months.)

Finally, be sure the mov not bring on different fixed you had not expected. C mortgage or rent money by month or so might be offset cost of extra mileage to wor shopping, for example. Or new neighborhood may be ject to rising property taxes near future.

Investigate all angles car Above all, don't forget to th depth about the emotiona that such a move might There probably are many ways to save, short of upr the family—unless that clearcut, positive decisio would like to make.

- *Refinance your mortga* may be possible to exte period of your mortgage i to lower monthly costs. C might pay off the old mo and find new financing f different source—again stretch out the repayment and lower current costs.

In either case, be awa you are not actually cuttin housing fixed costs; instea are incurring greater debt long run in order to cut ca fixed costs now.

Stretching out the time of any mortgage raises its cost. You are beginning contract, after all, and ever refinance at the same rate have now, you will pay n interest over the years th owe on your present mo The exception might be could find refinancing at a icantly lower rate than yo rent setup—and that's ve likely these days, because rates are at historically hi els.

The reason you'll pa with new financing lies in ture of mortgages: Most you pay each month dur

continued

Frigidaire announces the first refrigerator with four-on-the-door.



We call it the Refreshment Center Refrigerator. It's the only refrigerator that gives you two juices or other beverages, ice and ice water, before you even open the door. Just put your glass under the tap, press the button, and it pours.

Your kids won't have to struggle with heavy containers anymore, so there won't be so many spills and accidents.

You won't have to open and close the door every time you want some ice. Or worry about mixing juice before the morning rush. And when you have a party, everything is at your fingertips.



This refrigerator features the convenience of 20 cubic feet in storage space. It's 100% Frost Proof. And like every Frigidaire refrigerator, it's backed by the engineering skills of General Motors, so it's built to take years of tough treatment.

And it's as elegant as it is dependable. Outside, a sliding smoked-onyx-colored panel conceals the dispensers when they're not in use. Inside, the compartment covers have the same beautiful look and the shelves are easy-to-clean one-piece glass, trimmed with the look of teakwood.

Ask your Frigidaire dealer to show you the Refreshment Center Refrigerator. Maybe he'll even let you test drive it yourself.

Frigidaire. Home Environment Division of General Motors.

"When you think of pests think of us."



Henry Tobey, President, Terminix International.

"I'm Hank Tobey. I run a company called Terminix. Our business is getting rid of termites, roaches, ants, spiders and other pests that attack American homes. We've been doing this for years. And doing it so well that 94 out of every 100 customers across the country say they'd ask us back again.

"If your home is being invaded by pests, check us out with a neighbor or friend. Then give us a call. We're in the Yellow Pages."

TERMINIX. INTERNATIONAL

The Nationwide Termite and Pest Control Experts.

continued

How to cut costs

early years goes for interest rather than principal, so the lender is earning the interest while you are paying off only a small chunk of the actual loan. (These ratios change as the mortgage matures; each month you retire more of your principal debt and pay less in interest.)

Refinancing through a different lender can pose an additional problem: you will have new closing costs to pay. (You may even incur some new costs by refinancing with your current lender.) These could run into several hundred dollars, delaying your actual housing-cost savings for quite a while. Suppose you gain a $30-a-month reduction in your new mortgage payments, but you pay $900 for a new title search, legal fees, and so forth. It would take two-and-one-half years for your monthly cost cutting to wipe out the closing costs.

Despite the drawback of taking on greater debt over the long run, there could be some advantages to refinancing:

First, you do lower your month-to-month costs. If you are in a period where you need cash for other things, such as college tuitions, this immediate drop in monthly housing costs could be important.

Second, the high interest you pay during the early years of a new contract is deductible from your income taxes. Increasing tax deductions can represent another form of cutting fixed expenses—provided you have enough other deductions to warrant itemizing at all.

Third, inflation can work to your advantage. The value of your house probably will rise considerably, for example. Even though refinancing ties the home to a mortgage for a longer time and increases your actual debt, if you want to sell in a few years your profit on the home's value could help offset the higher cost of your refinanced loan.

Also, don't overlook the fact that the rampant rise in livi costs seems inevitable for the u coming years. That means the can be advantages to long-ter debts set at a fixed rate of repa ment. Quite simply, you will b paying off the debt with cheap dollars.

The problem is, potential len ers are aware of this fact, to They are wary of committing long-term arrangements unle interest rates can be set hig enough to bring a profitable r turn in an inflationary econom That means you may have troub finding favorable financing, esp cially in locales where there a interest-rate ceilings. Lende may be forced to demand hig down payments; or they may n lend money at all.

• *Prepay your mortgage.* A ca windfall might tempt you to p off the final sum on a mortga nearing its end so you can wi out those monthly mortgage bi altogether. Or you might want pay off some additional princip each month in order to short the length of the loan and dimi ish the amount of interest you w pay overall—in other words, p more now in order to cut the fix cost a few years from now, wh you may need more cash f other things.

Prepaying has approximate the same effect on your doll costs as investing the money the same rate. To decide wh you should do, look at the inte est rate you are paying on yo mortgage and examine the pos bilities of earning a better yield your cash some other way. If y have an older mortgage costi you perhaps 5½ percent, it probably smart to put the ext cash in some sort of fixed-retu medium that pays more—fo year savings certificates at 7 percent, or possibly high-yieldi bonds. You might even want try riskier investments such common stocks that carry t potential of higher returns. If y choose the right stocks, you'll doing better in the battle agai inflation. If you choose wro and the stocks yield less than wh your mortgage is costing you, y will have lost ground. Such u guaranteed investments requi of course, careful investigati and consideration.

Don't forget there also m be some penalties if you cho to prepay early in your mortga Practices vary among lendi institutions: Some allow no p payment during the early yea Some limit prepayment to cert percentages within a given len of time. There are no advan payment penalties with FHA VA loans, although individ lenders may specify how you c prepay.

• *Use your home as an ass* Taking a renter into the sp

ne way to help offset sing costs. You also n your vacation home come producer for at of the year. Ask your r about the tax conse- f second-home rentals, hey're not as favorable d to be, unless you use ion home strictly as perty.

so might cut housing sing part of your home ss. The IRS allows you space, upkeep, and enses according to the tion the business area your entire home lay- e amount of time you business there. Tax e liberalized their atti- ome use for business, r your own enterprise ra work for your job. Congress may tighten lations. It's smart to ssional tax advice.

and maintenance

costs are not exactly ned on a regular basis, t not consider them ill, over a year's time ely to find that home aintenance bills even of your phone bills no e within a few dollars e amount each month. and house require the tion over a year's span, h specific maintenance therefore costs) may y at certain times of nly. Despite the fact city and heating bills cketed, you still can them—at their new cording to where you er or not your house tioned, and what kind system you have.

n household use and e costs add up to a lot you can shave them ly with careful plan- ome management. your predictable-cost e are the ones where family can help most. your children can be- e of the costly impact and electric bills, you rn to become alert to tting those costs. Try family conference on ng items:

energy. Lower ther- save on heating ex- se thermostats to re- ng costs. Keep drap- rtains closed to retain t in storm windows, ripping, and effective o minimize heat leak- our house; your lower ill more than pay for within a couple of

struct heat or cooling sources, or heat or cool areas not in use. Keep up maintenance on heating and cooling systems, and change filters every few months. If firewood is less costly than heating fuel, use your fireplace more often. But close the fireplace damper when you're not using the fireplace. Also take a good look at your furnace; a switch-over to a less costly fuel system may reduce heating expenses enough to pay for the new furnace over a few years.

Use lower wattage light bulbs, provided they supply adequate light for your needs. Consider

continued

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EXCLUSIVE OFFER:

Dispensers in new House & Garden colors.



Choose from six vivid new House & Garden colors never before available in bathroom dispensers.

Exclusive mail-in offer. Not available in stores. **Send $1 with coupon while supply lasts.**

Replace your old dispenser with one that's color-coordinated to the new towels and bathroom accessories.

Idea: put your old dispenser up someplace new—patio, playroom, workshop, etc.

Important: Removing your old dispenser is easy. Simple instructions on how to take down your adhesive-backed dispenser are included with your new dispenser.

Please send me the following 3-ounce cup Bathroom Dispenser(s). I enclose $1.00 for each dispenser. (Cups not included.) Please allow 4-6 weeks for delivery. Expiration date Dec. 31, 1975

Name _____

Address _____

City _____

State _____ Zip _____

Mail to: **DIXIE® DECORATOR DISPENSER**
P.O. Box 9160, Kankakee, Ill. 60901

3-DD-94

Circle color(s) desired:

Real Red — Bittersweet

Ultramarine Blue — Velvet Brown

Sweet Lime — Sun Yellow

Pull here in case of emergency.

Emergency. His boss. Your parents. Old friends from out of town. And it's almost dinner-time! Lucky you keep an Armour Star Canned Ham tucked away in your refrigerator. With a fully cooked boneless Armour Star Ham, it's easy to create a fast and memorable meal that makes surprise visitors feel like long-expected guests. We've got an Armour Star Ham for any size emergency: 1½, 3, 5 and 8 pound. The 3 and 5 pound sizes are available in the super convenient Zip-Top® plastic container. And to help you prepare them we'll send you a free recipe booklet we call "The Magic Can."

Write "The Magic Can," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Ill. 60680.

Look for the Armour Star outside. You'll find Armour quality inside.



continued

How to cut costs

less expensive fluoresce
for some work areas, k
bathroom.

When you buy a
ance, weigh the fea
want against their res
erating costs. Some c
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electricity demands.

You can cut water
ways turning off fa
keeping all plumbing
in good repair.

• *Use your telephone*
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Installment debts

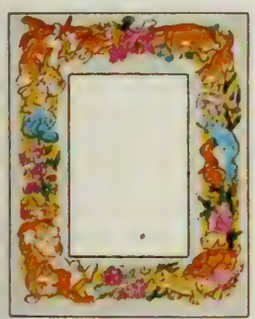
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We will blow up your favorite photo and give you a colorful frame for only $2.00

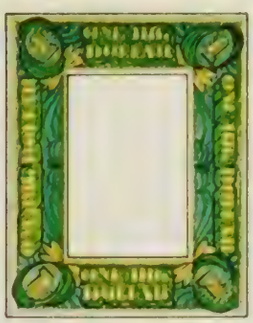




A. The Lullaby Frame—pink, blue, and cute



B. The Old Fashioned Frame brings back the past.



C. The Green Back Frame for potentially famous people.



D. The Award Winning Frame for your prized pet.



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Just pull the tab from any carton of Del Monte® Pudding Cup Dessert or Fruit Cup Dessert. Enclose it with a $2.00 check or money order, your favorite photograph (black and white or color print) and the mail-in certificate indicating your choice of one of the five frames above. We'll send back a poster size 12″ x 18″ black and white photo blow-up, and a full color 21″ x 27″ paper frame. We'll also return your original photo.

Please send me my own blow-up photo and frame.



For each blow-up and frame I want I have enclosed:

1. $2.00 check or money order.
2. The pull tab from the carton of Del Monte Pudding Cup Desserts or Fruit Cup Desserts.
3. My photograph (Color or Black & White print. Minimum size 2″ x2″—maximum size 8″ x 10″). (Photo will be returned).
4. My choice of paper frame: A ☐ B ☐ C ☐ D ☐ E ☐ (Please check one).

Mail coupon to: Del Monte Poster Offer, P. O. Box 5212 A Hicksville, New York 11802.

Name _____

Address _____

City _____ State _____ Zip _____

Please allow 6 to 8 weeks for delivery. Offer expires Feb. 28, 1975.



* Cleans hands better than bar soap.
* Removes odors.
* No need for messy soap dishes
* Economical.
* BORAXO® CREME cleans hands without water.



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Get ahead of the game by shopping early from N-M's great 1974 Christmas Book! The Book costs 1.00, and with it you receive an "N-M Dollar" worth 1.00 toward your first purchase from the pages of the 1974 issue. The 1974 Book will be ready in Mid-October to mail to you, or to a friend. Send 1.00 with your (or your friend's) name and address to: Neiman-Marcus, Dept. 12, P.O. Box 2968; Dallas, Texas 75221.

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Get the Genuine 'Toilaflex'
$2.98 AT HARDWARE STORES EVERYWHERE
Higher in Canada

BURPEE'S GIANT RUFFLED ZINNIAS
3-50c Packets – 3 Best Colors
$1.50 Value
25¢
Easy to grow, 5 to 6 in. pink, orange, red blooms. Send Today!
W. ATLEE BURPEE CO., 4985 Burpee Bldg.

continued

How to cut costs

provements, for example. What's more, Americans are used to buying on credit, and there is no question that the chance to buy now and pay later has helped raise our standard of living.

Despite the positive aspects of credit, many families are finding that monthly credit payments have become an excessive fixed expense, forcing the families to borrow more in order to pay off current debts. The families' credit standing begins to falter, and before long, they cannot get the money they need just to keep things going. If you are feeling crushed by credit, how can you cut those costs in your household?

• *Remember that time is money.* The longer any loan runs, the more it will cost you, even though your monthly payments will be smaller. For example, look at the difference time makes with a $500 loan taken out at an annual percentage rate (APR) of 12 percent over one, two, and three years: If you pay the loan off in 12 months, you will repay the $500 plus $33.10 in finance charges; in two years, the interest will cost you $64.89; in three years, you'll pay $97.85—all for the same $500.

It is important not to be fooled by the "low down payment," "easy monthly costs" appeals of installment loans. Be sure you know the actual cost in interest to you each year and the overall amount you will have paid back by the loan's end. However, don't overlook the fact that if you have a severe cash flow problem, reducing the size of monthly payments could be more important than keeping down the total cost of the loan.

• *Shop for your credit.* The law now requires lenders to indicate both the APR and the total cost of a loan clearly, so it is easy to comparison shop. Do not automatically think you must finance a car or refrigerator through the dealer, or borrow home improvement funds from the contractor. You may find much better deals some places than others, depending upon the institution, the purpose of the loan, the availability of money in your area at the time you want to borrow, and your credit standing.

• *Pay cash when you can.* Paying cash on the spot is the cheapest way to buy, since you won't have to pay any finance fees. Some stores may even give you a cash discount. If you must borrow to meet the price, see if you can get cash from a cheaper source. Often a loan from a bank or c union will cost you less o than an installment loan co with the dealer.

• *Use collateral to lower* Many installment loans ar lateral loans anyway. You pledged the item you are b as security for the loan; n few payments on the car frigerator, and you may lo item.

Generally, collateral loa cheaper than straight con loans, since the lender has security he can fall back on is not always true of dealer however, so try your ba credit union first.

One of the cheapest col loans of all is a passbook By putting up your savin count as security, you ca row almost the entire a Interest costs are low becau bank has your savings as a up. And in the meantim continue to earn interest account. Your actual cost passbook loan turn out to b imal. In fact, with credit the loan may cost you n since at year's end credit often pay partial rebates o est costs to members wh taken out loans.

• *Pay off loans for re needs before borrowing ag the same need.* Otherwis will be "pyramiding" you —borrowing the same a again, plus what you ha over to pay on the old lo fore long, the amount yo borrow will have skyro (See "How long should ment loans run?" in *Better and Gardens,* July 1974.)

• *Know what revolving really is costing you.* Re charge accounts are any a that allow you to make ad purchases, up to a prescri it, while you still owe m previous purchases. If yo full within 25 to 30 days, no additional charge ab purchase price and sale If you pay in part, you charged interest on month's bill, on the unp ance, or on an average depending upon the p your state's laws. Such charges generally run at of 12 or 18 percent, whic that you will be paying $18 a year for every loans you have out throughout the year.

The amount such cre you can really add up. how much interest you tually paid, go over you ment store and bank voices for the past few The costs could be add to $15 a month or more

continued

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continued

How to cut costs

family's budget without your being aware of it.

If you charge on a regular basis, such credit becomes a sizable fixed cost. The best way to control it is just to stop charging until you get caught up. Incidentally, keep all such bills for your annual records, since the interest you pay is deductible on your income tax return.

• *Consider a consolidation loan—cautiously.* Sometimes bills get so diverse and out of hand that it's easier to pay them all off at once with money you borrow from a single source. Or you may need to borrow this way just to get some creditors off your back and improve your credit standing.

Generally, such a "consolidation loan" allows you to stretch out the repayment period so your monthly costs are less than before you consolidated. Before combining your debts, be sure to figure the actual cost of the new loan as compared to that of your current, diverse bills. The total new cost may not make sense in the long run. On the other hand, the simplification of your financial tangle may be worth some extra cost. If you do consolidate loans, be sure you don't start taking on new debts as well.

• *Seek professional advice.* More and more banks and other financial institutions are providing excellent credit counseling services at little or no charge. There is no need to be embarrassed about asking someone else to show how to bail out. Some "counselors" are really after money, however, so don't take a name out of the book. Get recommend from a reliable source. One source is the *National Foun for Consumer Credit, De 1819 H. St., N.W., Washi D.C. 20006.* Write them f formation on credit coun services in your area.

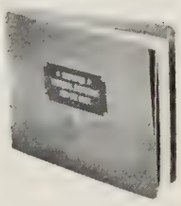
Transportation

The energy crisis led lots o ilies to look for alternative ods of movement, from bi to motorcycles or feet. Now are signs that the fuel- campaign is slackening. If true in your family, it is t review some of the basic w save on transportation Though they are not abs fixed, they represent a big of your budget.

• *Review your auto insu* Rates are determined by past driving record, frec and purpose of driving, age, marital status, and k car. Adjusted situations ma er your premiums—say yo recently joined a carpool, ample. Always report changes to your agent; yo surance company will re check if you qualify for a re rate.

Shop for auto insurance eral companies. Ask abou things as multi-car discoun reductions for sons and ters who are good student completed drivers educati are away at school for mos

Continued on page 122



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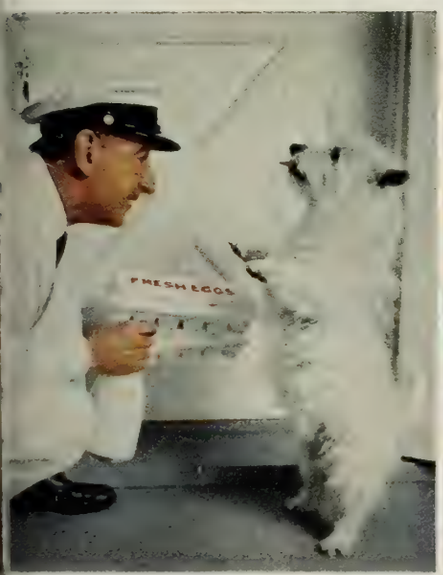
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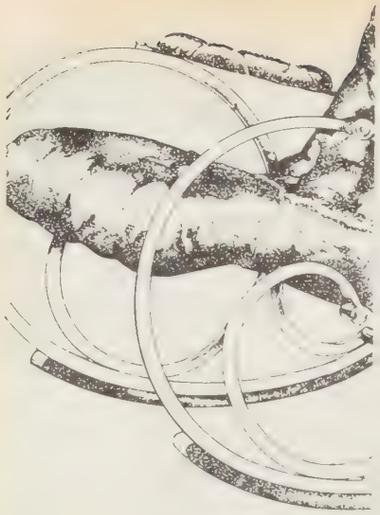
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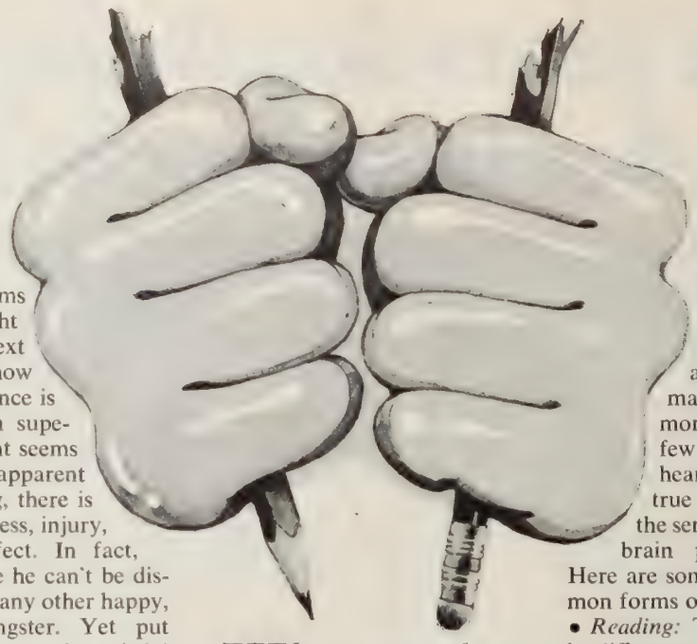
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What to do if your child can't learn

The child seems every bit as bright as Johnny next door. IQ tests show that his intelligence is average or even superior. His eyesight seems keen, he has no apparent problem hearing, there is not a sign of illness, injury, or physical defect. In fact, most of the time he can't be distinguished from any other happy, skylarking youngster. Yet put him in a classroom and a painful difference immediately becomes apparent. Try as he might, he cannot seem to master those strange symbols on the printed page. Or he cannot seem to write, "figure," or even sit still while the teacher is talking.

He has a learning problem. No one knows how many American parents have faced the heartache of a child who is—in the phrase of the U.S. Office of Education—"learning disabled." Estimates range between five and 30 percent of the school population—as many as eight million preadolescents. It is known that nine out of ten are boys, that they come from all kinds of homes and family backgrounds, that most of their deficiencies become apparent in the primary grades, and that some of these children remain hidden until too late because of a system of "social promotion" that pushes them along—although they have not learned anything. It is also known that the consequences of learning problems can go far beyond the classroom. Children who can't learn may grow into delinquent adolescents or develop emotional problems: some never recover from the devastation to their self-esteem.

The good news, however, is that the overwhelming majority of the learning-disabled can be helped—*if* their problems are recognized early enough and *if* the children receive special attention for them. Over the past five to seven years, vast interest has developed in identifying and remedying childhood learning problems; the Federal Government has established a Bureau of Education for the Handicapped and has set up 43 model Learning Disability Child Service Demonstration Centers around the country. In almost every state, programs have been set up to help learning-disabled children reach their full education potential.

Much of this success is the work of parents. Led by a nationwide parents' group, the Association for Children With Learning Disabilities (ACLD), mothers and fathers of the learning-disabled have fought to get assistance for their children. But despite their efforts, the key role in discovering children's problems and assisting with them still falls to parents. It is parents who must be aware of their children's needs and insist on help for them.

What should parents know about children's learning problems? And if a parent suspects his child is in trouble, what should he do about it? Here are some answers.

Are there different forms of learning disability?

More than 100, according to the National Institute of Health. And at least 50 names have been given them, the most common being perceptual handicap, conceptual handicap, congenital word blindness, neurophrenia, minimal cerebral dysfunction, hyperkinetic impulse disorder, dyslexia, psychoneurologic learning disorder, attention disorder, and hyperexcitability syndrome. However, all seem to be related to how the higher brain centers process information.

Learning dis ties vary in sev and some ch may be disable more than one w few may have visu hearing deficits, b true problem lies the senses, but in how brain perceives imp Here are some of the most mon forms of disability:

• *Reading:* The child is b by differences between lette look alike, such as "b" an (a problem of visual discri tion) or between similar s like short "e" and short "i" ficiency of auditory discri tion). He may grasp the diff one day, yet be unable to r the next (a difficulty of vis auditory memory). Sometim cannot relate sounds to let "forgets" that print moves orderly fashion from left t and top to bottom, percei backwards and upside dow ter sequence may defeat "Was" becomes "saw," "d comes "god," "stop" ma become "spot." Sometim concept is clear but not the he reads "daddy" for "fath "green" for "grass." And d ties can be even more subtl Alice Whitsell, director Reading and Language D ment Clinic at the Univer California-San Francisco, work with the learning-d when her own son dev reading problems. One d recalls, they were sitting in ing room near a door "out." Her son studied th a long time, then said, "N it's not 'cat', is it?"

• *Language and writing:* times the same difficulties crimination, memory, s ing, and spatial or dir orientation appear in spe handwriting. Many pare familiar with preschoole write letters or even whol in perfect mirror image, o sounds in garbled orde children overcome the t before kindergarten, bu cling to it much longer.

• *Concepts and abstr*

continued

Drawing: Hellman Design Associates

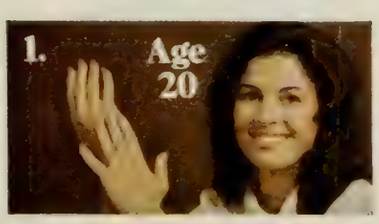
Can you match their hands with their ages?













It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.



continued

Learning disabilities

Some children may quickly and correctly identify a car, truck, motorcycle, and bicycle, yet be unable to "see" what they have in common. Others are puzzled by space, time, and quantity, confusing "above" and "below," "near" and "far," "more" and "less." Still a third group run into trouble with logic and sequence. They may have all the facts in a story straight, but be unable to relate it in the actual order in happened.

• *Behavior:* "My son with track shoes on and running ever since," o mother of a learning youngster lamented to nis Cantwell, director o in child psychiatry at Many learning-disabled especially boys, seem sit still for more than a utes and cannot concen single task or carry out from start to finish.

First identified as netic" or "hyperactive late Dr. Harry Bakwi York University pe these children suffer mally short attention sp some specialists interp cause of their learnin ties, others as the res peated frustration an Dr. Richard J. Schain, of neurology and psy UCLA, theorizes that problem lies in an i screen out irrelevant p in the way most of us a book, for instance, w ing sights and sounds the hyperkinetic's atte Schain says, is consta diverted.

However, some spec sider the hyperkinetic "Children who act out tion," says UC's Mrs. More pathetic are th tive type, who have a gy level and often with the challenge of learn these children cause their problems may looked by teachers, an dren may go all throu without their difficu noticed.

What causes learning d

Apparently something ther child nor parent That is, learning prob not to stem from lazin ity, lack of energy, or Nor is it merely a ma tural or economic d Although the precise established, it is no that a learning disab otherwise normal chil to his neurological de

The brain cells wh information have eit oped more slowly than they have been damag too slightly to be detec ease or injury. Neurol out that victims of st tumor, cerebral palsy forms of brain injury similar impairments speech, or thought, the theory of "min damage" (MBD). holds that virtually really an extremely m

continued

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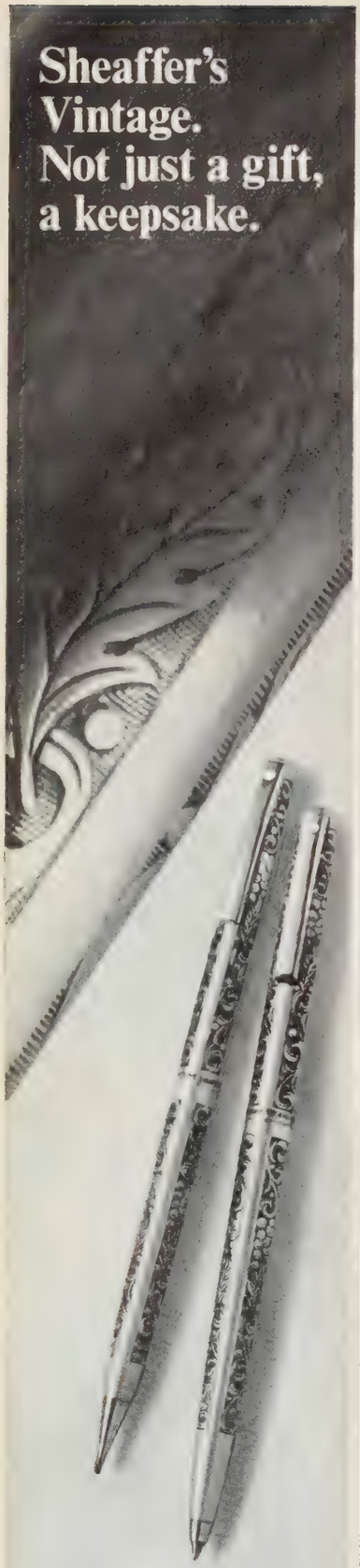
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continued

Learning disabilities

rowly selective form of cerebral palsy.

Extensive research is seeking to explain the source of the damage. Poor diet, illness, or injury during pregnancy has been suggested, as have postnatal episodes, such as high fever or infection. Recently Dr. Richard Naeye of the Pennsylvania State Medical Center at Hershey suggested that breath-holding spells during the early weeks of life may produce oxygen shortages in the brain and cause slight but permanent damage to certain cells. Others have sought to implicate food additives, lead in the air, and cigarette smoking by the mother. And it may be that some children are genetically predisposed to MBD, with the final outcome a combination of genetic and environmental factors.

What are the warning signs of learning disability?

Once a child enters school, the signs usually become painfully apparent: the child cannot cope with fundamental work, although tests show he has the necessary potential and intelligence. The ACLD lists eight other indications, which, singly or in combination, says "should wave a red flag of warning" for parents. These are: inappropriate behavior, distractibility, apparent laziness, withdrawal, short attention span, unwillingness to cooperate, poor memory, or poor coordination. The child may be unable to sit still, have trouble in remembering what he sees or hears, show some tendency to work from right to left, display a general right-left confusion, write letters upside down or backwards, or walk, run, hop or skip more awkwardly than is considered normal for his age.

Of course, some of these signs exist in normal children as well—especially in the preschool years. And Mrs. Katharine Tillotson of the ACLD warns that some children become quite skilled at disguising their disabilities—and the more intelligent the child, the more artful the cover-up. In a simple example, a mother may send her son to fetch her purse which is beside the living room sofa. Unwilling to admit he does not understand "beside," the boy returns and reports he couldn't find the purse. Hyperactivity, aggressiveness, or withdrawal may also be forms of cover-up—ways of diverting attention from the fact that the child can't cope with the tasks assigned him.

Do you suffer from painful elimination?

If so, you are not alone. Thousands of people experience pain from dry, hard stools. The reason is often constipation or hemorrhoids. What you need is something that will soften intestinal waste for smooth, comfortable relief.

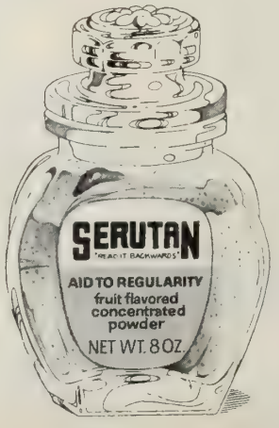
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How early can learning disabilities be detected?

Some neurologists say the pattern may be apparent long before school. A child who walks late, talks late, and is slow in toilet training and in cutting teeth may also lag in more sophisticated areas of development. Use of language is a good yardstick. One study has shown that by age four the average child has a vocabulary of about 1,500 words, can talk in complex sentences with tenses, plurals, pronouns, and prepositions, and is intelligible to outsiders as well as family members. UCLA's Dr. Cantwell suggests that parents watch their child play with blocks. A child who cannot plan and build a simple structure requiring ten minutes of quiet and patient work may have a potential learning problem. And one often overlooked clue is the child's visual-motor coordination. A child who can't seem to raise his hands and bring them together to catch a ball may not be able to manipulate them to write on a blackboard.

Of course, children mature at different rates. A lag of a few weeks or months is no cause for alarm. The ACLD suggests that parents record all the child's milestones—his first word, his first step, his first tooth, and beginning of toilet training. Delay in a single milestone is no cause for concern but if there is significant delay in several areas, prompt intervention is called for. The longer help is postponed, the longer it takes for a child to catch up.

How can learning disabilities be diagnosed?

Largely by a process of elimination. If there are indications that a child is learning-disabled, the parent or teacher should get a full-scale evaluation by an interdisciplinary group of specialists in audiology, ophthalmology, neurology, pediatrics, psychology, education, language development, and child psychiatry.

Many school systems will provide the psychological and educational diagnosis that is required, and arrange for other appropriate tests. Clinics and hospitals in some cities provide services that are free or on a sliding scale. The local chapters of the Easter Seal Society maintain information and referral services which are often able to refer parents to diagnostic and evaluation facilities.

An excellent example is the Child Guidance Clinic at the University of California at San Francisco. The four-day evaluation here begins with a complete phy-

continued







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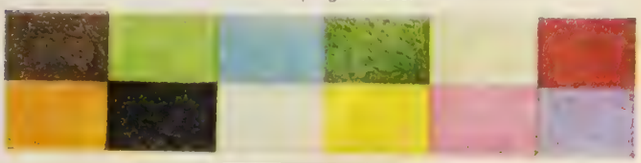
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continued

Learning disabilities

ical examination to detect possible deficiencies in hearing, eyesight, or visual-motor coordination, or neurological damage. Indications of brain injury resulting from encephalitis, meningitis, or other illness are explored. The child is usually given an electroencephalogram, which records brain waves and may detect mild epileptic seizures or brief "staring spells" which are interrupting his concentration. Intelligence, personality, and achievement tests are also administered, and both family and child are interviewed by psychologists.

If no physical, psychological, or neurological handicap is discovered, the child's educational strengths and weaknesses are evaluated and a special educational prescription is designed around them. This program is transmitted to his school, and both his parents and his teachers are coached in how to help him. Follow-up examinations are given to check his progress.

It's important that parents be included in the diagnostic process, and be given a full and clear explanation of the results. While some centers do a good job of reporting results and recommendations to schools, many do not. More often, it is the parent who must carry the ball, at the very least making sure that these reports go to the school personnel who make decisions about their child.

Don't some medicines enhance these children's ability to learn?

Dexedrine and ritalin, both amphetamine drugs which act as stimulants in adults, paradoxically appear to have a calming effect on many hyperkinetic children, increasing their attention span and heightening concentration. According to UCLA's Dr. Cantwell, about 75 percent of hyperkinetics can be helped through regular use of amphetamine drugs. Some children are given tranquilizers instead, but many specialists like Dr. Schain oppose their use because they make children lethargic and sluggish.

Sometimes amphetamines disturb sleep or appetite, but generally they have not been shown to be harmful or habit-forming, Dr. Schain says. However, they remain controversial because long-range effects cannot be foreseen. One study indicates that continued use may stunt growth. Drugs are usually discontinued at puberty or after five years and children are given a periodic "drug holiday" during vacations.

Do learning-disabled children r quire special classes?

Mrs. Whitsell says, "They dor need *special* education—th need *better* education." D Jeanne McRae McCarthy of t Leadership Training Institute Learning Disabilities at the U versity of Arizona warns th only severely learning-disabl children should be in spec schools and classes. Both wom believe that an alert, patie teacher in an ordinary school provided it has good facilities a small classes—can spot m learning difficulties early a deal with them adequately.

However, special teachi *methods* certainly are necessa —whether used by the classroo teacher, a special teacher, in special class or school, or by private tutor. For instance, so children with visual percepti problems can be taught to re through his other senses. He c learn letter shapes by feeli them in cloth or wood, or tracing them in sand. Letters c be color-coded to highlight th distinction, and arrows and rectional flags can help him w left-right orientation. Confusi letters and sounds can be int duced one at a time, the seco only after the first has been m tered. There are even machi designed to help in reading i provement.

Dr. McCarthy points out t the goal must be to phase special education, since eventu ly students must be assimila into the normal population. F that reason, learning-disab children should be removed fr the ordinary classroom only wh their needs cannot possibly met there, and then as briefly possible. Many of these child are gifted in other areas, and h much to contribute to their pe as well as much to gain fr being with them.

Significantly, the average in remedial classes is dropping evidence that disabilities being recognized and treated e lier than in the past. A few ye ago most children were refer to UCLA for help at 12 or 13. cording to Dr. Cantwell, but n the typical age is eight to Still, not all schools offer help the learning-disabled, and oth limit programs to the element grades, although learning- abled adolescents may need th more. A few states even exclu the learning-disabled fr school, but militant parent gro have pushed through laws in m states requiring an adequate e cation for every child.

Perhaps the most striking velopment in special educat

continued on page 133



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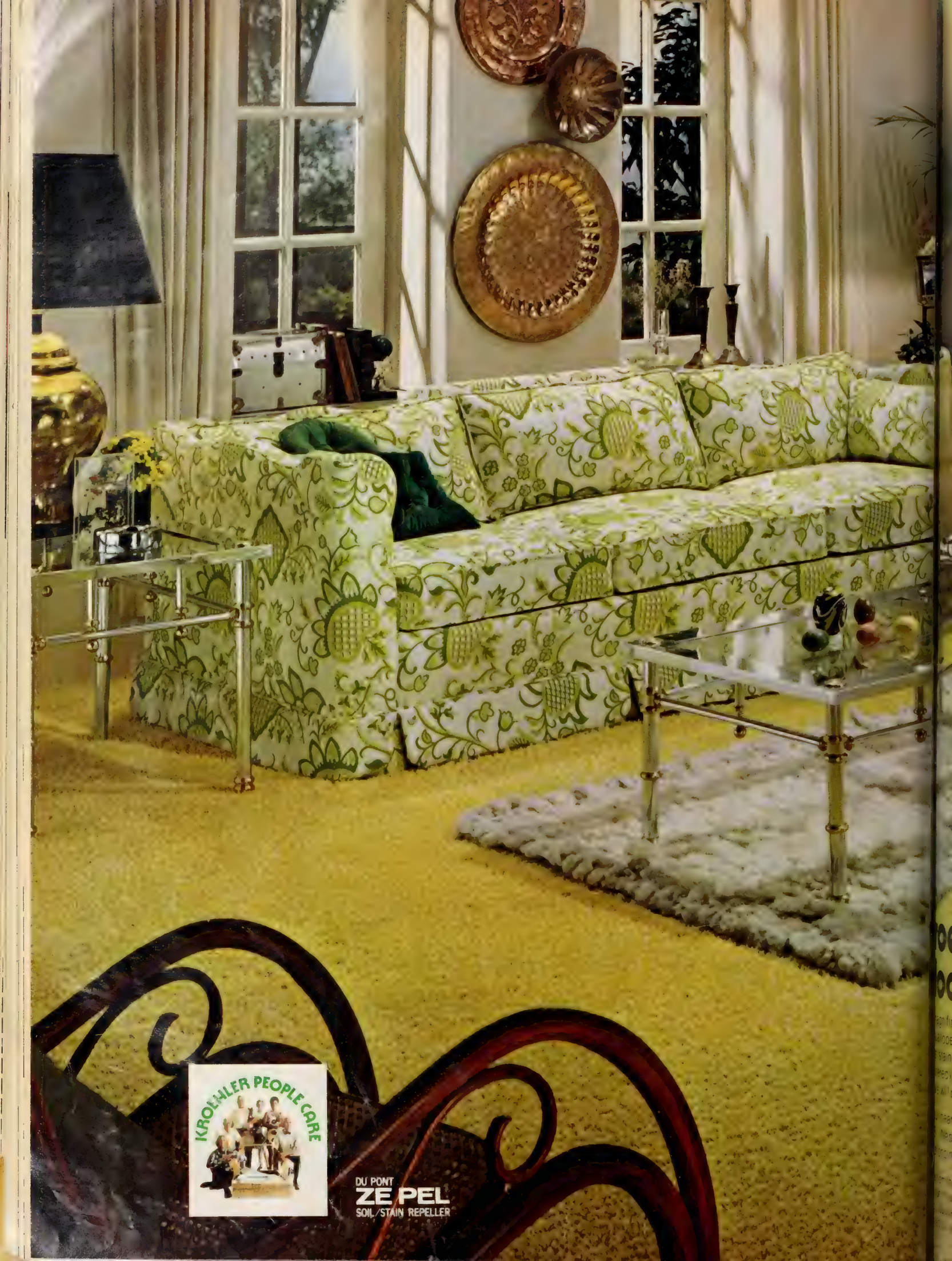
Or a game room.

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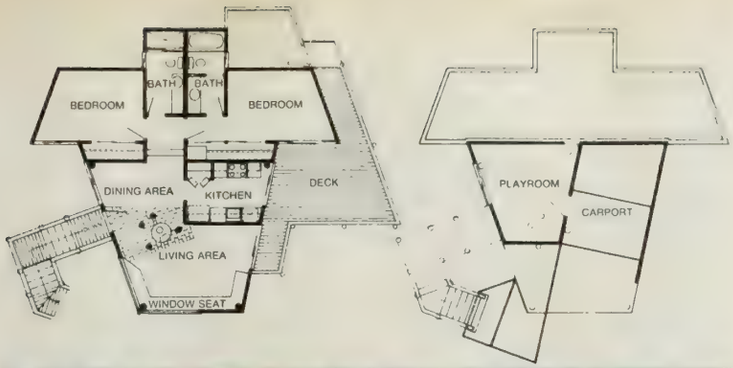
agnificent loose-pillow-back sofa features traditional curved back and arm treatment, calloped skirt and button trim. Upholstery is an elegant crewel-effect fabric protected t stains and spills with DuPont Zepel stain repellent. The matching club chairs are tered in luxurious velvet. The solid construction that goes into all Citation by Kroehler re will make it a good and solid value you'll enjoy for years to come.

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tographs: Fred Lyon



itect: Walter E. Eagle & Associates



Land Developers: Transcentury Properties, Inc., a subsidiary of Brown and Kauffmann, Inc.

HOUSES THAT MAKE EVERY INCH COUNT

By Stephen Mead

These three houses in Bodega Harbour, a new planned community in Bodega Bay, California, demonstrate how space can be used in a big way in small homes. Each of these houses is unique, but they all illustrate the same space-stretching principles.

Houses like these can happen when developers plan intelligently and offer their customers a range of compatible designs. These three houses have substantially different shapes, roof lines, and floor plans, but their exteriors are various natural materials that blend well. The overall result: the best of both possible worlds—a community that looks pleasingly harmonious, yet allows each and every family to express its individuality.

First, let's look at a 1,025-square-foot house that concentrates the living in a 28x24-foot trapezoidal area. The plan shows how the living and dining rooms are defined by a fireplace that's surrounded by exposed structural poles. Because the fireplace is the only demarcation between the living and dining areas, each seems to be as large as the total space.

The compact kitchen is well separated from the other two rooms, but its sliding glass door lets it visually share the outdoor space.

The bedrooms get their excitement from the architecture, not from the amount of space allotted them. They're on a separate level, two steps down from the rest of the house. Their offbeat shape, soaring ceilings, and large windows set them apart from the ordinary boxy bedroom.



Rugged pole construction makes it feasible to build this house on nearly any terrain. The builders simply sank the poles into the ground and bolted the floor and roof members to them with metal connectors, neatly avoiding expensive foundation work.

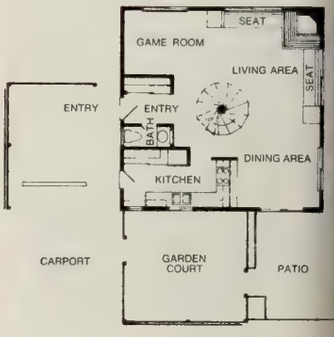
In this case the suspended upper level made space below for a playroom and low-cost carport. (The playroom is not directly accessible to the upper level, mainly because a stairway would cut into space that's already at a premium.)

Outside, a combination of shed roofs and a modified hip roof gives the house a very distinct profile.









Architect: Charles Rosenbaum



This two-story house gets the very most out of a square plan with open planning. While the house contains only 1,505 square feet of living area, the whole first floor is a seemingly endless sweep of space. The four living areas blend with no fixed boundary lines. A family can divide the game, living, and dining areas to suit themselves. Serving as a pivot for the whole first floor is a dramatic spiral stair. The kitchen is open at one end to the dining area and is screened effectively from the other two rooms.

One-fourth of the first floor is open to a skylight in the peak of the sloping roof, 22 feet up. On the second level, both bedrooms also benefit from the skylight; in each, one of the two interior walls stops at eight feet; the other is really a three-foot-high railing that overlooks the living room and fireplace below.

And outside, board-and-batten cedar covers the walls of the house and the garden court.

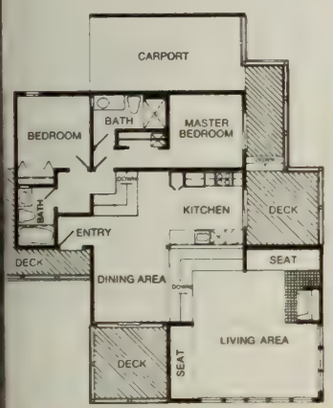
With its steep shed roofs and a something-else shape, you might expect this house to be a disruptive element in a carefully planned community, but not at all. Compatible color and size make the house blend harmoniously with its neighbors. The siding is vertical redwood, slightly bleached.

The imaginative design also stamps the interior of the house. It's exciting to look at and to live in. All ceilings follow the slopes



Architect: J. Carson Brent









of the shed roofs above them. As a result, each room lives much bigger than if the house had conventional ceilings. Even the small bath seems spacious.

As demonstrated by the other two houses we've shown, space-pooling pays off. Here, any one part of the living zone helps make the neighboring areas function more spaciously. Kitchen, dining room, and living room are all open to each other—and while the kitchen has a sweeping view of the living area (opposite), the living area has a minimally cropped view of the kitchen (above). The two steps up from the living room level add just enough separation, and serve as overflow seating for a large party.

The floor plan shows how 1,206 square feet have been parlayed into so much living space. The bedroom-bath zone is on a separate level, with one bath situated to serve as a powder room for guests as well. On this level is the only hallway in the entire house—another example of space-use savvy.

You can visit these houses at Bodega Harbour in Bodega Bay, California, 63 miles north of San Francisco.

Buying information, page 131





Designer: Robert Walker, A.I.A., Otis & Associates; Photographs: Hedrich-Blessing; Scout: Jessie Walker

MAKE YOUR KITCHEN COME ALIVE ...WITH PLANTS

All three of these kitchens have a natural look but each achieves it in a very different way. One homeowner made a pristine white kitchen vibrant and lively by adding a plant nook at one end. Another themed her kitchen with a favorite collection of asparagus and created an illusion of serene green everywhere. A third made a dark, corridor kitchen glow with fireplace warmth by pasting up an inexpensive wallpaper that's not wallpaper at all, but simply newspaper double-coated with orange shellac.

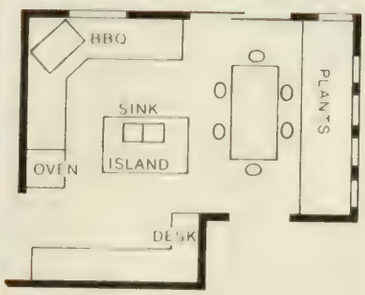
We hope these ideas inspire you to bring your own kitchen to life. After all, it's the most lived-in room in your home.

By Joan McCloskey









When Carolyn and Kully Rohlen bought an older home, they decided to remodel in stages to fit their hobbies, casual life-style, and three small children. Since they live and entertain informally, they wanted a kitchen large enough for their friends to gather where the action is. The Rohlens specialize in soup parties—making three different kinds of soup and letting everyone ladle out a bowl of his favorite. Soups and stews are Carolyn's forte; Kully likes to barbecue on an indoor unit that's set into the angled counter.

The lush plant bay at the far end of the kitchen was a key part of their remodeling plan. A screened porch used to be located where the picnic table is now. The architect enclosed this space and pushed the kitchen out four more feet to create a step-up indoor greenhouse.

Carolyn belongs to the "clean counter school." She wants her utensils and small appliances out of sight till she needs them but she doesn't fancy a sterile, hospital look. To achieve a warm-toned natural setting, she chose terra-cotta Mexican ceramic tile for flooring and backsplashes. Laminated maple counters add to the warmth.

Like many homemakers these days, Carolyn finds canning homegrown tomatoes a joy. Now the large center island lets everyone in the family get into the act. She specifically wanted an island sink so she could spread out ingredients. For close work, spotlights on ceiling tracks can be directed right to the work area.

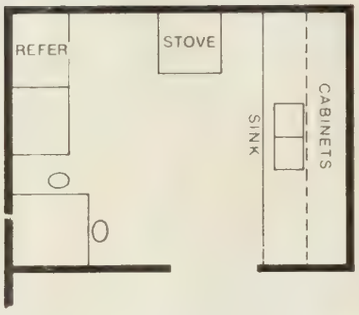
Neatly tucked into a corner, the well-organized kitchen desk is handy, yet out of the traffic pattern. Here, too, an appealing naturalness is evident. There's a favorite Mexican wall hanging in natural earth tones, plus a terra-cotta bean pot, some chocolate-brown coffee mugs on the shelf above the cook books, and a straw basket for bills and letters.

Buying information, page 131

MAKE YOUR KITCHEN COME ALIVE...WITH COLLECTIONS









When the Cross family moved in, the present kitchen was a bedroom, so Carol started from scratch to remodel it just the way she wanted. Asparagus is the theme of the entire room. Her collection began only four years ago when her husband mentioned that his favorite vegetable was asparagus. Carol took it from there and has become an avid collector of everything in an asparagus shape. As you might expect, she chose asparagus green as the dominant color—accenting it with natural wood tones and materials. This results in a quiet, serene look she can live with and never tire of.

Her cabinets are a happy compromise between open shelving and closed cabinets. Old kitchen cabinets were repaired, sanded, and finished in a deep brown. Glass-front panels let her enjoy the stacks of green mugs, plates, and serving pieces inside. She also decided to expose the old brick chimney wall to make an effective background for asparagus potholders and white asparagus plates. In the quiet nook for morning coffee, soft green cushions on antiqued chairs and a green tabletop complete the kitchen color scheme.

A small sample of Carol's asparagus collection is evident above the kitchen stove. At upper left, she framed a sheet of asparagus stationery. Scattered elsewhere are an asparagus pot holder, Italian pottery plate, spoon rack, and various plaques. Predictably, there's a much-used asparagus cooker on the range top for her favorite vegetable.

French majolica plates (top left) are Carol's only expensive asparagus-themed antique. Candlesticks and the salt and pepper shakers are modern Italian.

Her centerpieces change with the seasons. On this occasion, spring asparagus, new potatoes, and green peppers in an old Shaker box brighten the table.

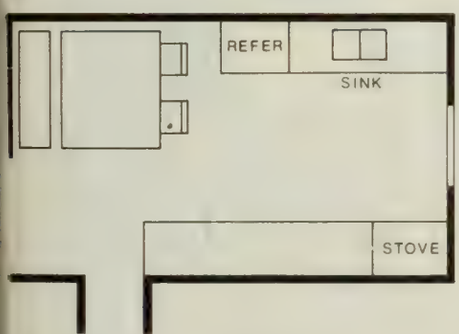






Photographs: Hedrich-Blessing. Source: Jessie Walker

WITH EARTH TONES



don't have to be an interior designer to
e a dark corridor kitchen come to life.
ner Thad Daniel did it inexpensively and
rtly by teaming earth tones with natural
rials and textures such as soft wood.
en fabric, and wood-grain cabinet fronts.
-of-a-kind wallpaper and an intriguing
ction of antiques contribute to the hos-
ble warmth of the room.

e started with the walls, covering them
back issues of The Wall Street Journal.
r pasting the newsprint to the walls with
at paste, he double-coated them with or-
shellac. The mellow tones make an
tive background for his constantly chang-
collection of antique lighting fixtures,
s, and serving dishes. Then he attacked the plain white metal cabinets, covering them with brown wood-grain, adhesive-backed paper from a local supermarket.

Mood lighting was the final step. Since Daniel likes to entertain in the kitchen, sometimes putting friends to work slicing onions on the chopping-block counters, he needed two kinds of lighting—functional and atmospheric. Under-cabinet fixtures direct light to the counters for food preparation. An antique fixture above the cozy, welcoming eating area bathes the table in an amber glow.

An old garden rake painted bright red earns its keep in the kitchen. The three-inch teeth serve as hooks to hold towels or aprons. Two L-shaped screw hooks hold the rake flat against the wall.

A potpourri of warm brown and beige tones gives the kitchen eating area an earthy, masculine look. In the far corner, an old church pew is softened by throw pillows and a seat pad. Crating-lumber wainscoting contributes to the relaxed mood. The carefully chosen table accessories—natural salt and pepper shakers, flatware, and soup bowls—fit right in. Above the table, a grouping of lithographs, antique plates, a ceramic ram's head, and an oval English tea tray adds interesting dimensions to the walls.

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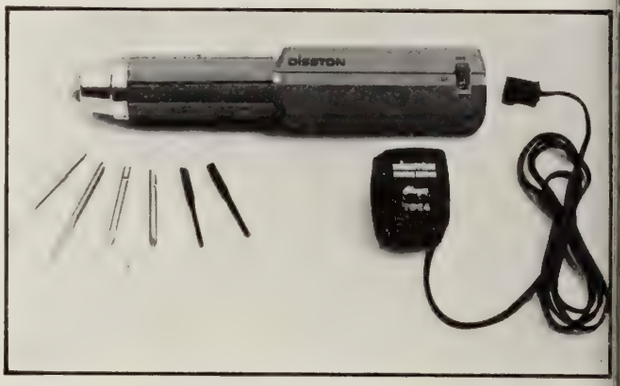
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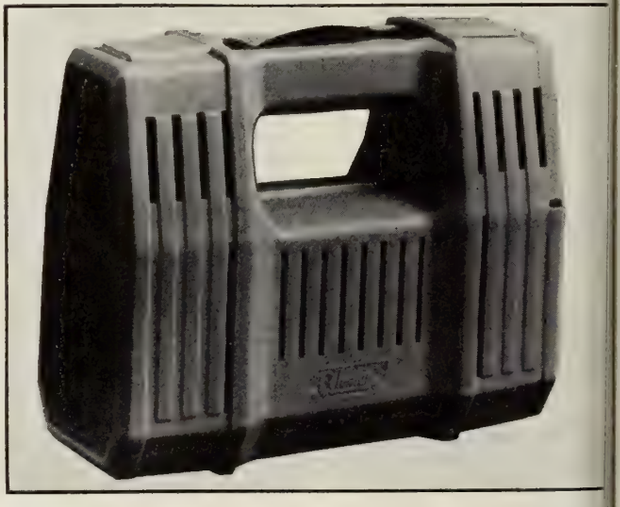


A cordless electric screwdriver sounds like the ultimate plaything the gadgeteer, but after using the tool on just one project, the se handyman will find it almost indispensable.

The screwdriver is remarkably compact (about the size of a f light) and weighs just 28 ounces. It operates on a touch-drive trol system, activated when slight pressure is applied to the bit. feature is a boon to the home auto mechanic flat on his back u the car with a trouble light in one hand, trying to tighten or loo screw in cramped quarters. A quick flick of the switch changes direction from forward to reverse.

A complete kit consists of screwdriver, two bits for slotted sc two for Phillips screws, and two pilot drills. The powerful s driver is capable of driving 80 one-inch screws into solid pine wi pre-drilling, 140 into pre-drilled holes. The unit can be compl recharged overnight.

Disston Cordless Electric Screwdriver, $29.99 in hardware d Disston, Inc., Dept. L/B 601 Grant Street, Pittsburgh, Pa. 1521



Nestled inside this sturdy plastic case is a compact air system could save your cool the next time a tire loses air where tires u do—far from a service station. It's a compressor that operates your cigarette lighter and provides up to 90 pounds of air pressu

You'll find the compressor handy for blowing up bike tires, balls, air mattresses, and other sports gear, but its primary fu is to help you out when your tires let you down. A 12-foot elec cord and three-foot air hose will reach all four wheels even on ca equipped trucks. You can keep the compressor at the ready your car seat or in the trunk.

Coleman Inflate-All Air Compressor, with valve adapter acc package, $39.95 at sporting goods departments. The Coleman pany, Wichita, Kansas 67201.

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"It's instant. The other ones you have to wait a half-hour before you use the sink. It works very well."
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–Mrs. John Tulaney
Scranton, Pa.



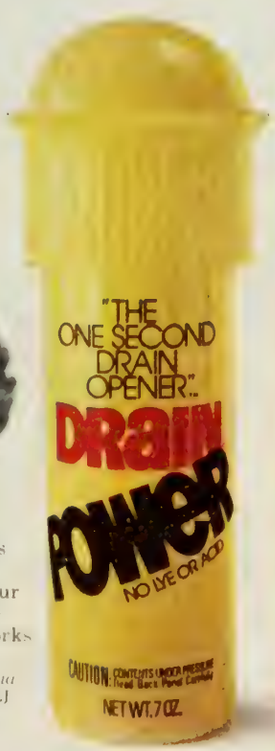
"There's no mess such as spilling liquids or crystals."
–Ethel Fraletic
Beech Grove, Indiana



"My 17-year-old son even noticed how fast the bathroom sink was draining."
–Mrs. Robert Mobley
Indianapolis, Indiana



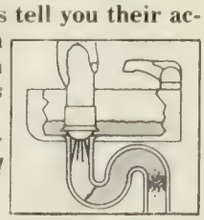
"It's safe with a baby around."
–Marion Watkins
Scranton, Pa.





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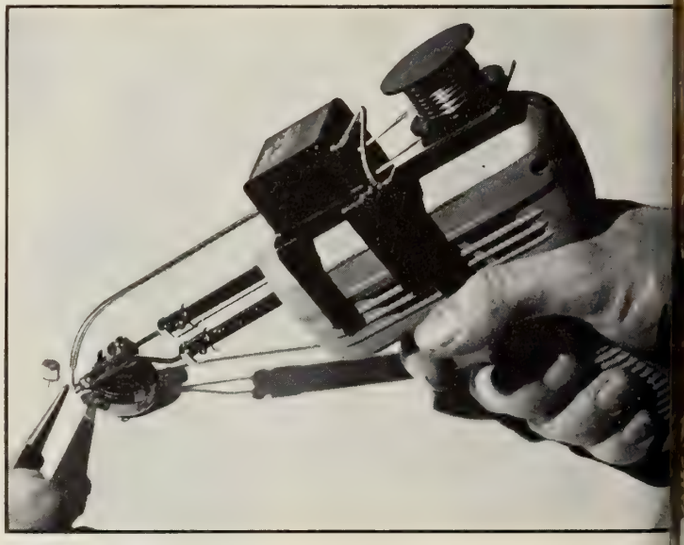
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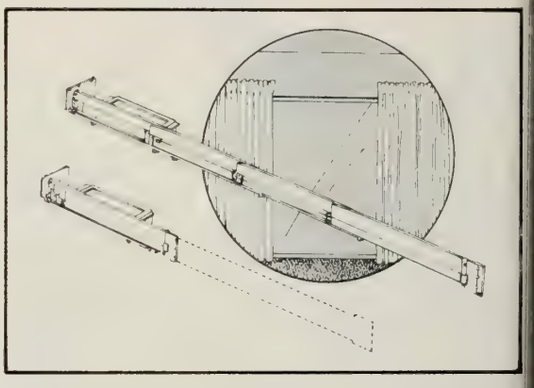
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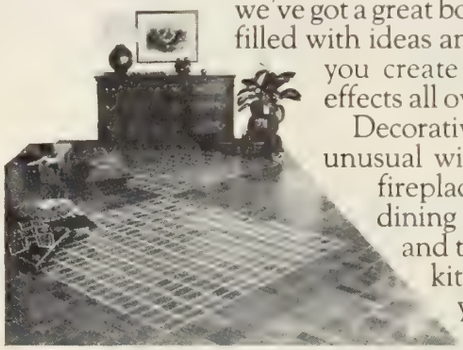
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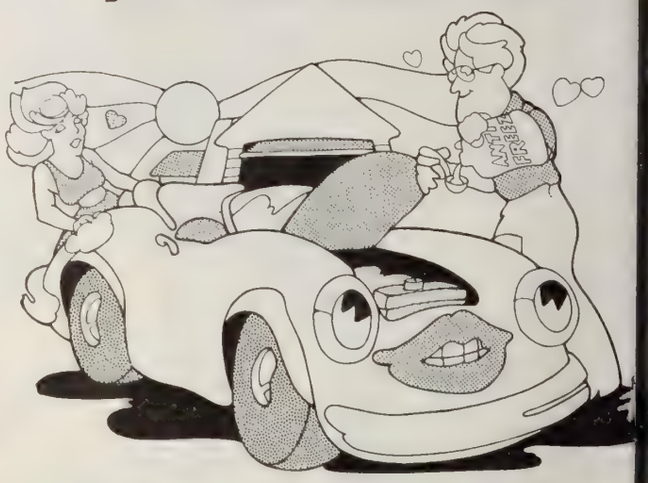
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- If the radiator cap is loose, the relief valve is stuck, or the gasket hard and cracked, replace the ailing part with a new one.
- Make sure the hoses are firm; if soft or cracked they'll give you unexpected trouble.
- Look for leaks; dye contained in most antifreeze will stain areas where leaks occur, usually on the radiator, water pump, and hose gaskets.
- Tighten the belts on the fan and water pump, and if necessary, replace them.
- Feel the inlet and outlet hoses to the heater; both should be hot after the engine has been running with the heater on. A cool outlet hose means a blocked heater core, which should be repaired by a trained mechanic.

Once you have determined that the cooling system is sound (or had it repaired if unsound), drain the old coolant and replace it with a new mixture. This is a simple "chemical" procedure that requires little mechanical know-how (extremely dirty systems need more complicated attention and treatment).

First, remove the radiator cap and open the pet cock at the bottom of the radiator. The old coolant will drain out, except for that remaining in the engine. Then close the pet cock and the radiator with water, add can of flushing solution acc to directions. Replace the ca start the engine. Turn the on "high" and let the radiato up, then leave the engine ru for ten minutes. Stop the and let the radiator cool Slowly remove the radiato open the pet cock again, the coolant drain as you c fore. If the fluid still doesn clean and clear, repeat th cess with a second can of fl

When you are satisfied t flush water is clean, close cock and refill the radiato enough good antifreeze to a 50/50 solution (rememb about half the water is still engine block). The liquic should be about three inch low the filler neck at this Now, leave the radiator c set the heater on "high" more, and start the engi the engine idle for ten m racing it occasionally to trapped air. After stoppi engine and letting it cool check the coolant level. It have risen to about 1½ from the filler neck. If n more water.

Ensuring quick starts

Winter starting problems stem from a weak battery spark plugs, or other ignitio ures. To avoid the tow tr cold mornings, follow this list. First, check the batte a hydrometer to determi cific gravity. If the readi low, have the battery rec if you still get low cell r after recharging you'll h buy a new one. When yo for a replacement batte member that it should b

Drawing: Hellman Design Association

continued



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continued

Winter car protection

powerful than original equipment. Older cars with 24,000 miles or more require a battery with a greater ampere rating than the original's because it takes more charge to activate an older model starter. Once the battery problem is solved, remove all corrosion from battery cables and hold-downs, and coat connectors with grease or petroleum jelly after fastening to the terminals.

Have the voltage regulator inspected for adjustment so that it neither undercharges nor overcharges the battery. The starter and generator may be in good condition on a car only a year or two old, but have them checked if you drive an older model. Make sure all connections are securely fastened.

Spark plugs and distributor are serviced when you get a tune-up. If you've driven 15,000 miles or more since the last one, have the distributor points and condenser replaced, the gap set, and new spark plugs installed as well.

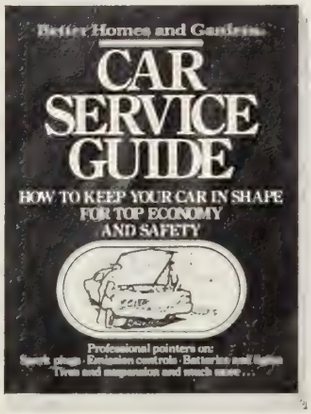
A sticking automatic choke can cause winter starting problems, and waste gasoline as well. Have a mechanic make sure your choke is operating properly.

Protecting the body

While the weather is still warm, safeguard the body of your car against the effects of snow, ice, and salt. First wash the car thoroughly, getting any accumulations of dirt out from the wheel wells. Treat scratches and sma rust spots by sanding, priming and spraying with touch-up paint Use a good cleaner to remove an paint oxidation, then coat with hard wax for maximum protec tion. Don't forget to wax th bumpers and chrome, too.

Depending upon when th snow is first likely to fly wher you live, you might want to g ahead and have the snow tire mounted on your car. (Studde snow tires, however, cannot b put on a car before a specifi month in many states.)

Order this do-it-yourself guide to car care, prepared especially for our readers.



To help you keep your car in top shape, and save hundreds of dollars in the process, *Better Homes and Gardens* has made arrangements with the top technical publisher in the auto service industry to bring this manual to you. Written by experts in an easy-to-read style, *Better Homes and Gardens* "Car Service Guide" features over 1,000 illustrations and 128 pages of step-by-step instructions in 19 chapters on the most important car maintenance services. Tested procedures apply to all makes of cars, and cover everything from safety inspection to windshield washers and wipers.

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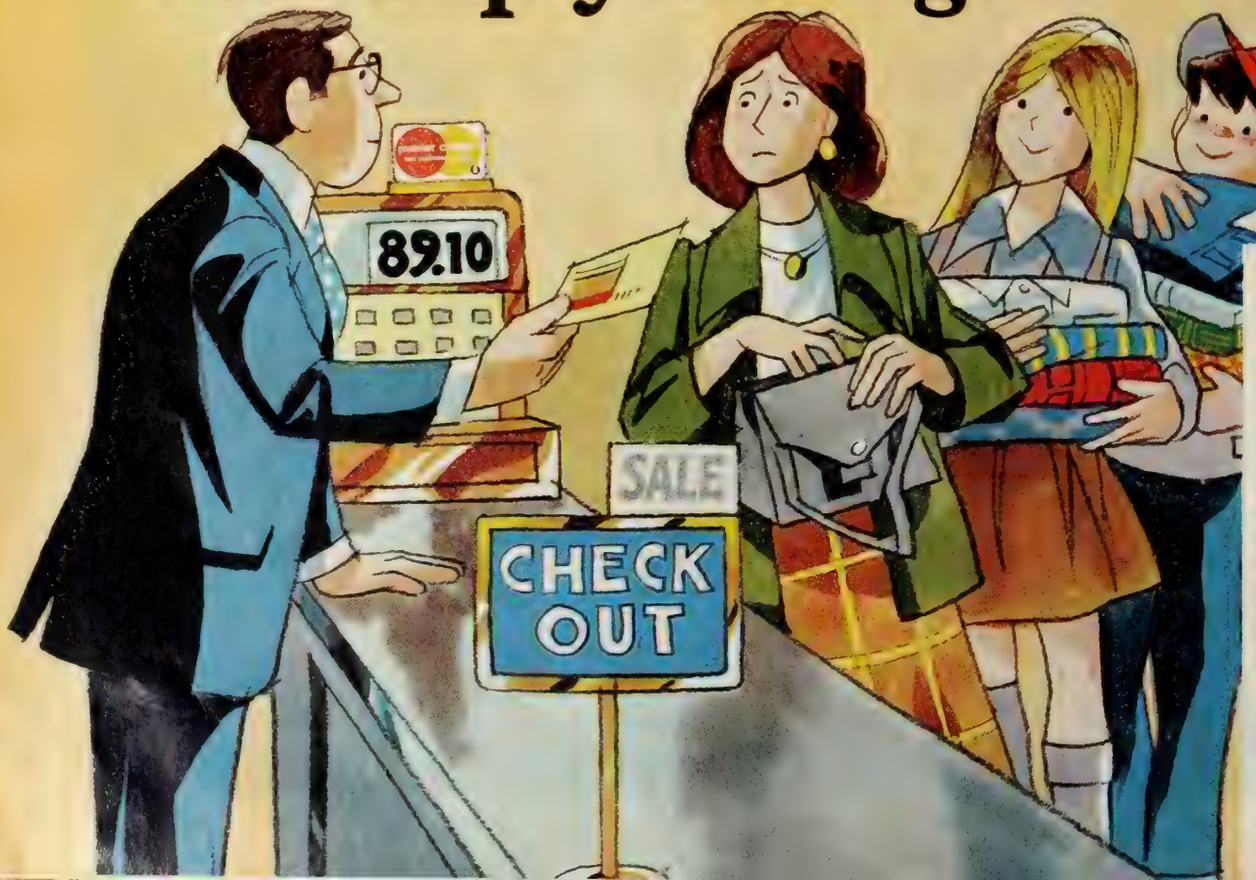
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Autumn Chutney

Retired Navy Captain William Moore told us he really started cooking inventively during tours of shore duty when he capitalized on local foods in good supply. Over the years he and his wife, Viv, have accumulated stacks of recipes for specialties they have developed. Many are variations of some of the world's classic dishes. Three sons, Terry, Robin, and Brig, have been the benefactors of their parents' outstanding gourmet talents.

When Bill sent us his chutney recipe, he filled us in on its origin. "All navyphiles eventually become addicted to rice and curry of various sorts. I got hooked on the dish during a lengthy tour of duty in China during the '30s. The French Club in Shanghai served a fabulous 'seventeen boy curry'."

The Moores still serve rice and curry for dinner parties at their home in Santa Barbara, California. When the price of the imported chutney (the one indispensable curry condiment) zoomed out of sight, Bill experimented till he came up with a substitute. "We think it's great," says Bill, who ought to know. We thinks it's great, too.



Photographs: de Gennaro



AUTUMN CHUTNEY

Bill suggests serving his chutney with curry dishes, roast lamb, or roast poultry. He also spreads chutney on English muffins for breakfast or afternoon tea—

2 papayas, pared, seeded, and chopped (4 cups)
4 apples, pared, cored, and chopped (2 cups)
1 cup packed brown sugar
¾ cup vinegar
½ cup raisins
½ cup water
½ cup chopped green pepper
¼ cup chopped onion
3 tablespoons lime juice
2 tablespoons chopped seeded canned green chilies
1 tablespoon snipped candied ginger
2 cloves garlic, crushed
1 teaspoon salt
¼ cup slivered almonds

In a large kettle or Dutch oven, combine papaya, apple, brown sugar, vinegar, raisins, water, green pepper, onion, lime juice, chilies, ginger, garlic, and salt. Cover and simmer 30 minutes, stirring frequently. Add slivered almonds and cook, uncovered, 30 minutes, stirring frequent prevent sticking. Mash fruit ture slightly with a potato er. Cool. Store, covered, frigerator or freeze in moi vaporproof containers. chilled. Makes about 4 Autumn Chutney.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 5033 Recipes submitted become property of Meredith Corporation.



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Win money for your recipes

Fancy Roasts—Frozen Fruit Salads

What's extra special about the fancy roasts that you serve guests? We're also looking for frozen fruit salads that are a above the usual. Send your recipe today for either or both gories and you could be a prizewinner next April. Two Cook the-Month receive $50 each. Four Runners-up receive $25 and 12 Honor Roll winners get $10 each. The selected win recipes will be pictured on the Prize Tested Recipes pages April. All 18 winners receive a framed Better Homes and Gar Certificate of Endorsement and six copies of the endorsed re

Hints to Help You

Fancy roasts might be marinated in a homemade lemon-pepper marinade. Or flame the roast at the table and serve a wine-laced gravy alongside. Maybe you bake a fresh fruit glaze atop. Be creative with gravy mixes or canned soups. Hints:

sausage rolled roast
ham and horseradish roast
apple butter pork roast
tenderloin au poivre
lamb marengo

Frozen fruit salads can be sh in fancy molds or even soup Use fresh, frozen, or ca fruits in any combination you add tang with juice co trate? Cream cheese, sour c and whipped cream all do things for fruit. Aids:

ambrosia freeze
frosty applesauce squares
peach-cot cherry ring
frozen banana swirl
apricot ice ring

THIS MONTH'S WINNERS

(See recipes on pages 101 and 102.)

Cooks-of-the-Month

Diana Lynn Aman, Spencer, N.Y.
Lynn Steuer, Hawley, Pa.

Runners-up

Mrs. Marc B. Baer, Iowa City, Ia.
Mrs. John J. Gossage, Springfield, Va.
Mrs. Irene C. Mund, Weatogue, Ct.
Mrs. Karen Rowell, Muncie, Ind.

Honor Roll

Mrs. Patricia Cantone, Hauppauge, N.Y.
Pei-hsin Chia, Wooster, Ohio
Ann Fosnight, Boulder, Colo.
Barbara L. Johns, Detroit, Mich.
Mrs. James A. Morris, Radford, Va.
Mrs. Grace Murphy, San Francisco, Calif.
Marie Nunn, Pacifica, Calif.
Mrs. Judith Elaine Oelke, Cedar Rapids, Ia.
Arline V. Schettini, North Providence, R.I.
Mrs. Candice Soulakis, Baltimore, Md.
Linda L. Tatsch, Binghamton, N.Y.
Lynn F. Wieser, Phoenix, Ariz.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper an it "April Fancy Roasts" or "April Frozen Fruit Salads." If you send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of pap**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products y as ingredients so we can test your recipe with the same bra**
5. **Include 50 to 100 words about the origin of the recipe you su**
6. **Recipes submitted become property of Meredith Corporation**
7. **Entries must be postmarked by midnight, September 30. In where duplicate recipes are submitted, the one with the postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7409 Test Kitchen, Better and Gardens, Des Moines, Iowa 50336.**



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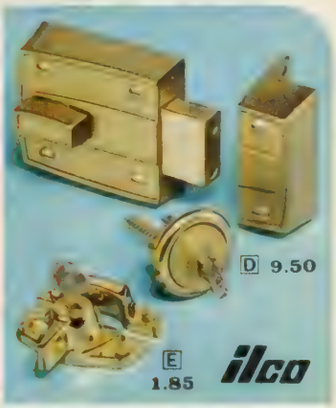
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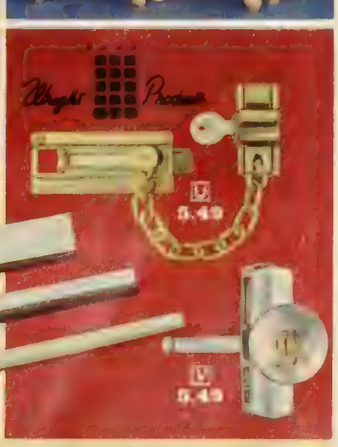












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Richard W. Jones,
Pamela Wilson Cullison,
David Ashe

How to be at home with the Oriental look

For centuries now, the Western world has been allured by the Orient—its art, furniture, and accessories—its intriguingly different life-style. Whereas our homes tend to be busy and cluttered with an abundance of objects, Oriental interiors are idyllically peaceful, and almost Quaker-like in their shunning of extraneous decoration. The *quantity* of furnishings in an Oriental home is of no importance. What counts is the attention that's paid to arrangement, the care that's taken to harmonize nature with man-made objects, and the love that's given to little things. As you'll see on these pages, the serenity of the Oriental approach translates beautifully to Western homes. The Eastern influence can be as simple and spontaneous as a spray of flowers, or as elaborate as an intricately carved lacquered chest. You'll find that Oriental furnishings are truly cosmopolitan, fitting smoothly into classic and contemporary settings. And here's the evidence . . .



Photographs: Mike Dieter Signature design: Toshi Yoshida









If you have a room you've been waiting to work on, how about turning it into a relaxing retreat like this one? We designed it to convey an Oriental feeling with a contemporary slant. So that you can fit our ideas to your needs, we're offering a project plan and how-to directions for the modular seating platform, the *shoji* screen wall, the trio of tables, the plate rack, and the colorful tie-dye cushions.

What strikes you first upon entering this room are the bold spots of red, white, and plum that punctuate the seating platform. You'll find directions for making the eye-catching cushions beginning on page 124. In keeping with the Oriental emphasis on nature, we placed a big, bare branch at one end of the platform. The branch stands in a squat container and is supported by stones.

In Japan, *shoji* screens are often used as wintertime windows—admitting light, but keeping out drafts. The screens are usually replaced by bamboo blinds in the summer. Our muslin-covered *shoji* lets in light from windows behind it and slides open as needed.

Instead of stashing away the good-looking plastic party trays, we built a rack and put them on display. The chair to the right of the rack isn't Oriental (it's Italian) but is harmonious nevertheless.

In almost all Japanese homes you'll find a *tokonoma*—a recessed area used for displaying artwork and other cherished objects. To make our version of a *tokonoma* really stand out, we painted it plum to match the cushions, and stocked it with wine and other party supplies. Building the dining/game table was easy. It's simply a wooden cube with a wicker table secured to the top. For textural interest, we covered the wall at this end of the room with bamboo fencing material (the kind used for outdoor privacy screens).

Better Homes and Gardens Project Plan No. 4409-1.
To order, see page 132

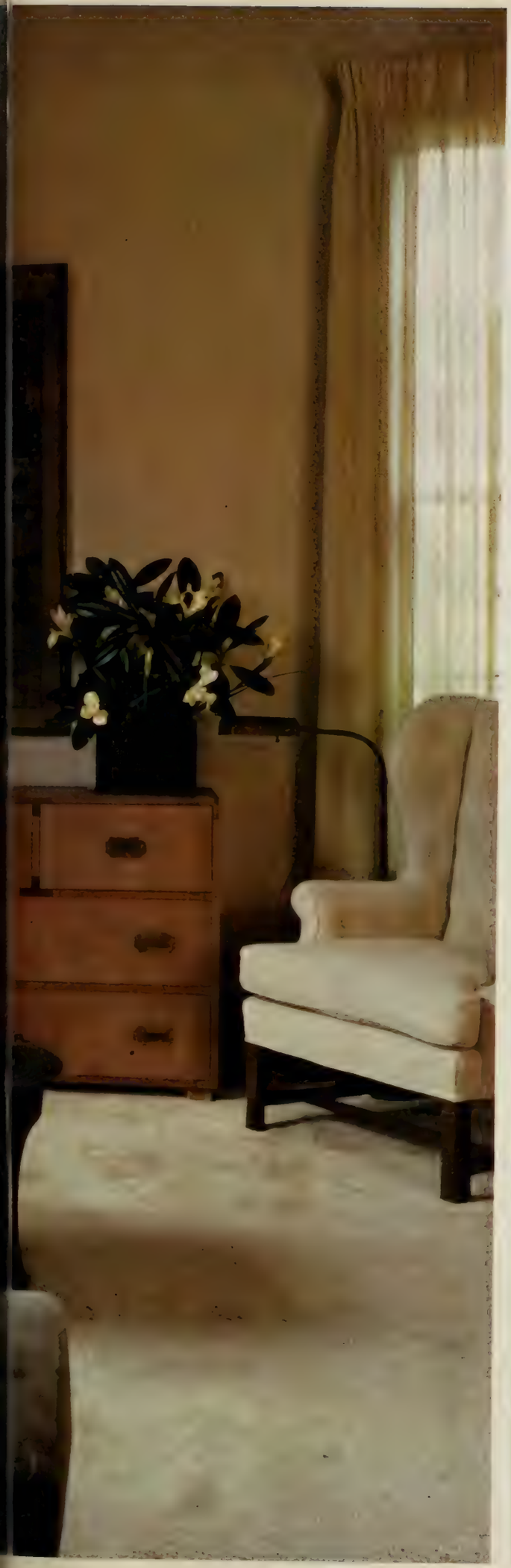


How to be at home with the Oriental look

When you introduce the Orient to a traditional decor, there's no need to go overboard. This soft-spoken living room makes its point with a few carefully chosen, prudently placed accessories. The pale color scheme sets off to perfection the antique Japanese screen on the wall and two brass-trimmed campaign chests. The simple but effective assortment of accessories includes an arrangement of irises and magnolia leaves, a lacquered box, and—as proof that good designs can easily commingle—a pair of Mexican candlesticks. Other Oriental objects in the room include a wooden Siamese *tepanom* (angel) on the wall, and an old Siamese temple drum used as a coffee table. Although the essence of the East pervades the room, you can see for yourself that the American-style sofa and English wing back chair are completely at home.

Buying information, page 131

Photographs: Fred Lyon. Designer: Ruth Strachan Cole, A.I.D., of Cole-Wheatman Source: Helen Heitkamp





Eastern treasures enhance the beauty of this 18th-century drop-leaf dining table. A wall-hung bamboo vase directs the eye to the assortment of objects beneath it: a Japanese Amida figure, a bouquet of delicate marguerites, a Persian tray, and a lacquered calligraphy chest. (Creating a lacquered piece is a painstaking process that requires building up layer after layer of lacquer, letting each coat dry in a damp, dark, dust-free place, then buffing to a satin smoothness before the next coat is applied. Realizing this, you can appreciate a lacquered piece more.)



The Japanese love of composing small scenes for the eye to rest on is illustrated by this fireplace vignette. Stately Victorian architecture counterpoints the controlled symmetry of the grouping: a black lacquered chest, a wood-carved religious figure, two plants, and several jeweled Persian miniatures. The chopsticks hanging by the hearth are used to turn coals in the hibachi. (In a Japanese home, the first act of hospitality is placing a hibachi in front of a guest.)



Three panels of Japanese hardware (finger grips for sliding doors) provide decorative contrast for this large but graceful Victorian sofa. The hardware, by the way, is mounted on the wooden packing cases in which they were shipped from Japan. An orange tray stand is a sensible Oriental alternative to the conventional coffee table. Since floor-sitting is so common in the East, portable trays are much more practical than stationary tables. In our mobile society, portability makes sense, too.



This short wall between dining and living areas was turned into another intriguing vignette. The Chinese teakwood tables are nested most of the time, but occasionally they're moved to the living room for luncheons or afternoon tea. Two Japanese temple fans focus attention on the tables and add a feeling of height. A few simple accessories complete the compact composition.



How to be at home with the Oriental look



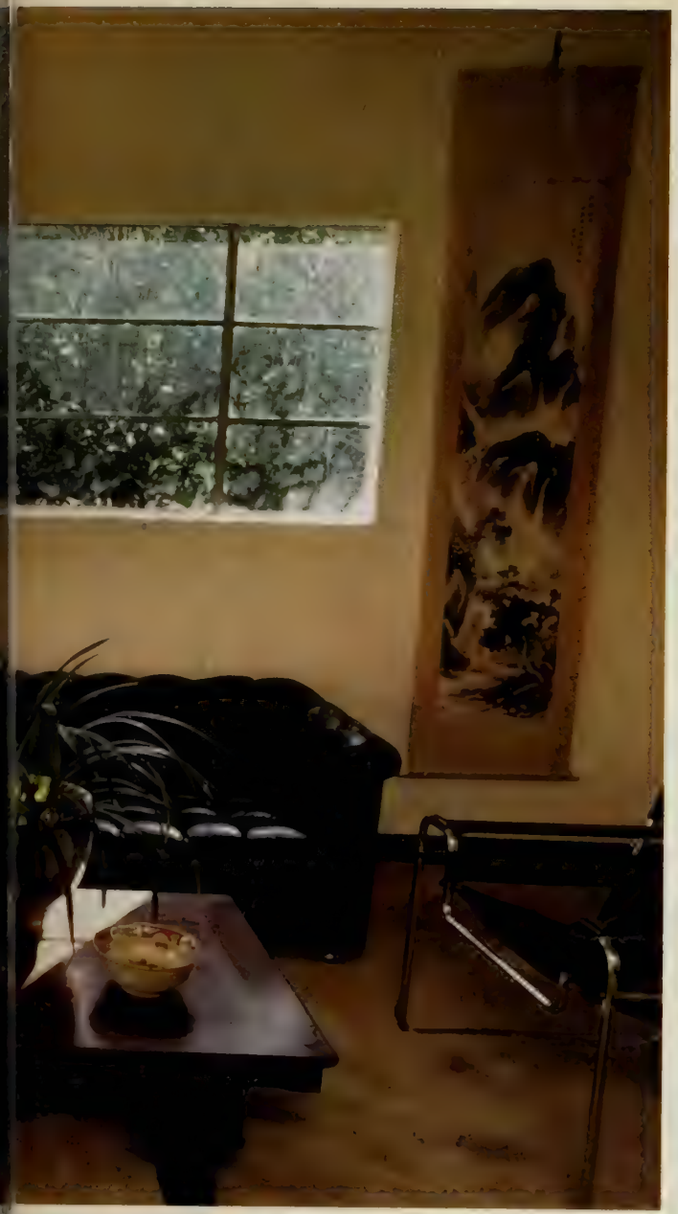
Photograph: Harry Hartman. Designer: Mrs. Kurt Gitter. Source: Bonnie Crone

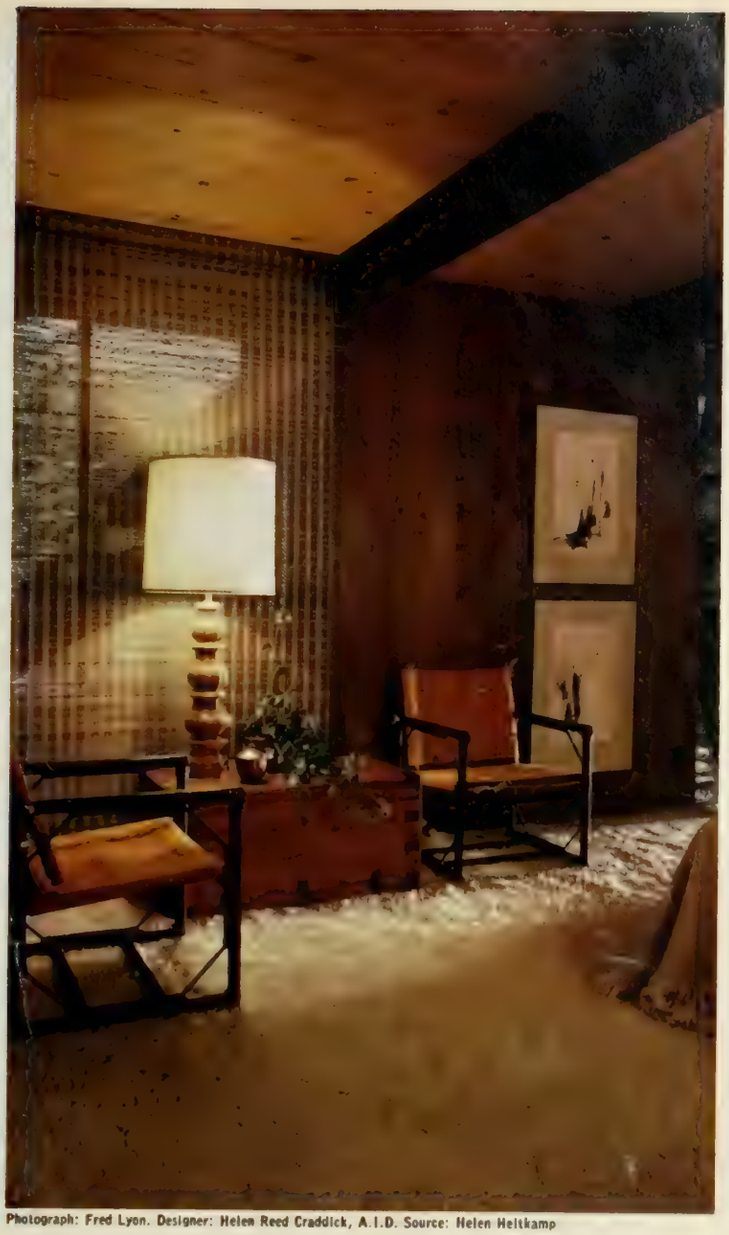
The stark simplicity of contemporary architecture makes a stunning showcase for the beauty of the Orient. In the living room above, as in Japanese homes, an intimate relationship has been established between home and garden. This was done by leaving the window bare and letting outdoor landscaping serve as a natural privacy curtain. The only Oriental furniture in the whole room is a large, low-to-the-floor Japanese table that serves as a conversational pivot for the tufted black sofa and two chrome and leather contemporary chairs. When Chinese dinners are served, everyone sits on the floor around the table. Two vertically hung Oriental scrolls soften the impact of the stark window treatment.

All kinds of everyday Oriental things—scarves, tablecloths, and fabric samples—can add flavor to a flat room. The wall hanging at right is a piece of Japanese batik fabric that was used originally as a card table cover. Now, tacked to the wall, it's a penny-wise



Photograph: Fred Lyon. Source: Barbara Cathcart





Photograph: Fred Lyon. Designer: Helen Reed Craddick, A.I.D. Source: Helen Heitkamp



h: Fred Lyon. Designers: Ruth Dibble and Elsie Semrau, A.I.D. for Orindawoods
arbara Cathcart

work of art. Beneath the hanging is a *tansu* chest—a must in most Japanese homes. In the Orient, *tansus* are used to store clothes, bedding material, and other items. Some *tansus* are stacked, others are placed side by side as storage needs grow. Space-shy Americans are finding the multi-drawer *tansu* a handsome solution to their storage problems, too.

An antique Japanese two-panel screen is the key to the Far East feeling in the room at left. The screen occupies a place of honor over the sofa, and brings out the subtle Oriental feeling of the furniture around it. Love seat and chair are contemporary rattan-and-rawhide designs. Casual furniture like this is often relegated to family room or enclosed porch, but here it's formalized with cushions covered in the same chrysanthemum fabric used on the sofa. (Chrysanthemums, by the way, are Oriental symbols for happiness.) Next to the sofa is a tall, slender Japanese candlestick that's been converted to a lamp and topped with a shade.

In many Oriental homes, the living room becomes a bedroom at night. Sliding *shojis* and *fusuma* screens provide privacy, and the floor—indeed the entire room—serves as a bed. For warmth and comfort, silk or cotton comforters are used. Even if sleeping on the floor isn't your cup of tea, you can still give your bedroom Eastern atmosphere and round-the-clock versatility. In the restful room above space was saved for two bamboo sling-back chairs and a Chinese camphorwood chest. The linear frames of the chairs are like bold calligraphy strokes against the warm wood background. Woven wood blinds filter light sufficiently without blocking the view of the garden beyond. Note how one of the prints is hung low on the wall. Not only is this arrangement aesthetically pleasing, but it follows the Oriental custom of placing art where the floor-sitter can see it.



Photograph: Harry Hartman. Homeowners: Mr. & Mrs. Randolph X. Chauvin. Source: Bonnie Crone

How to be at home with the oriental look

The room above proves that even a tiny two-bedroom tract house responds beautifully to the Oriental influence. With a little remodeling, and lots of landscaping, the owners transformed the back of their house into an indoor/outdoor Japanese garden. Contemplating the great outdoors isn't the only thing that goes on in this room. Behind the folding *shoji* screens are a washer and dryer (who'd mind doing the laundry in a room like this?). The screens and the valance above the sliding glass doors are made of fir stripping and a lightweight translucent material. As you can see, the all-American furniture fits right into this Oriental setting.

The peaceful, quiet colors of the Orient are ideal for a bedroom. At right, subtle tints cover the walls, carpeting, and the Haitian cotton bedspread. The only punctuation comes from the red and gold fabric that borders the bedspread and covers the pillow shams and the contemporary barrel chair. The headboard is an old Japa-

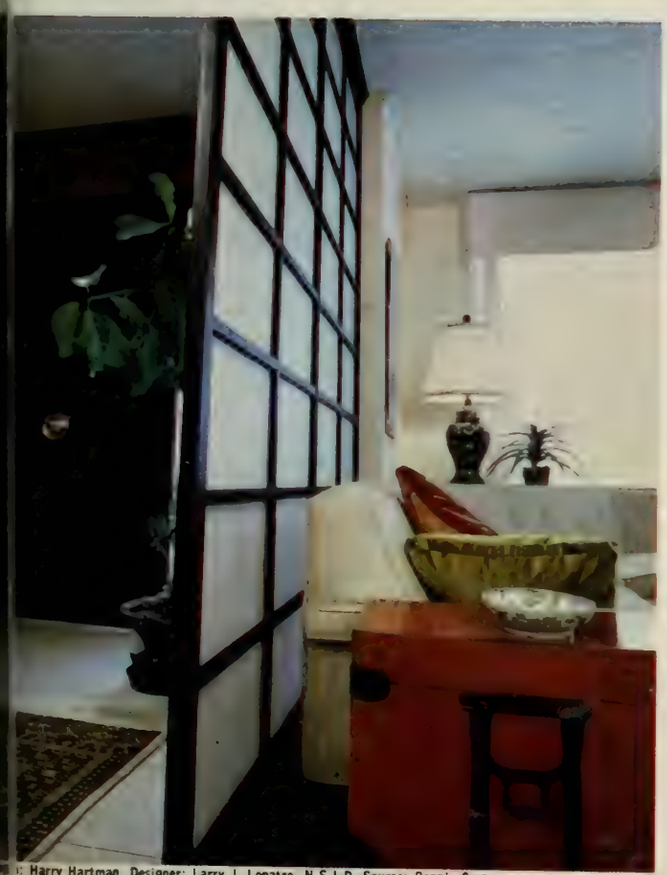


Photograph: Fred Lyon. Designers: Ruth Dibble and Elsie Semrau, A.I.D. for Orindawoods Source: Barbara Cathca





Photograph: Harry Hartman. Designer: Larry J. Lonatro, N.S.I.D. Source: Bonnie Crone



: Harry Hartman. Designer: Larry J. Lonatro, N.S.I.D. Source: Bonnie Crone
OMES AND GARDENS, SEPTEMBER 1974

nese *ramma*—an ornamental carved piece of wood that's placed over screen partitions and doorways. Lots of little drawers identify the bedside table as a *tansu* chest.

Many modern homes have open floor plans much like those of Japanese homes. A *shoji* screen such as the one at left is the Oriental answer for dividing space without permanently closing it in. You can create one yourself (stationary or sliding), by building a framework and covering it with cloth, paper, or fiber glass. This *shoji* screen divides entry hall from living room. The cork-covered walls, and a small Oriental rug are in keeping with the Eastern motif. A ginger jar lamp and a red-lacquered chest lend more Oriental spice to this mostly modern living room.

A Danish wall-hung cabinet, and an antique Japanese scroll (above) turned this once-wasted wall space into an eye-catching art gallery. The space-saving cabinet (sometimes a buffet), underscores and echoes the shape of the scroll. (To truly appreciate the scenes depicted on a scroll, you "read" the scenes from right to left, and let your mind absorb the symbolism of each carefully created scene.) This scroll is bordered by wallpaper that picks up the color of the chair. On top of the cabinet, a simple assortment of accessories invites you to stop and enjoy.

MACRALAP

A FAST, EASY CRAFT FOR BEGINNERS

We've named it macralap—a combination of the words macrame and burlap. But this craft involves none of the tedious knot tying associated with macrame. The stunning effects you see on these and the following pages are all achieved by simple handwork like thread pulling, yarn overcast stitching, bead and ribbon threading, and a basic embroidery running stitch. When all these simple skills are practiced on burlap or jute, the results look like custom-woven yardage that would sell for a tidy sum (instead of that dollar a yard you'll be paying for burlap). With macralap you can achieve a sheer, gossamer look such as the window treatment on page 85 or the sturdy, substantial look of our bedspread shown here. Add a backing fabric or lining to give heft to your handiwork, or use the burlap plain for an airy effect.

For how-to instructions, see page 126

BY ELIZABETH D. CRASTER



Photographs: Hopkins. Designer: Molli Nickell

Masterpiece bedspread is made up of 15 ten-inch squares with center motifs of hearts, rectangles, diamonds, and ovals. Designs are traced in the center of the squares. After outlines are stay-stitched in place, threads are pulled, and groups of the threads are tied into sheaves with a bead in the center. Edges of each design are then outlined with yarn overcast stitching. The detail of the patchwork square above shows an oval design created by pulling threads, attaching beads, and outlining the oval with overcast stitching in yarn. Then beads are sewn in a square around the oval. When the center design is completed, more threads are pulled in other sections and wide grosgrain ribbon is threaded through the resulting openwork areas. Individual squares are lined with felt and, after assembly, the entire bedspread is backed with orange cotton. Our charming heart-ornamented pillow sham was achieved with the same macralap techniques.

For buying information, see page 131



MACRALAP



This macralap runner is stunning stretched out on a buffet or hung as a wall decoration. The center of our runner features a large diamond shape outlined by heavy overcast embroidery. To make the diamond, cut and pull out the vertical threads, then tie the horizontal threads in groups. Designs on either end of the runner are wide bands of pulled threads tied into smaller diamond shapes, then edged with red and pink yarn in simple running stitches. Knotted fringe finishes each end of the runner.



These gala place mats are guaranteed to rev up any table. After you've fringed one end of the mat, cut out vertical threads in diamond outlines and tie remaining threads in three sections. The rest of the design area is filled in with heavy embroidery in orange overcast stitches, then flanked by slim bands of red and pink. For accent, back the mat with vivid fuchsia felt.



r. Sandie Piper



Here's an elegant and easy way to let in sun and light, but still have a measure of privacy. The curtain combines wide strips of pulled threads gathered in the center into sheaves, bands of purchased lace and embroidery trims, and a few strings of crystal beads for accent. The curtain is hung on a tension pole inside the window frame.



A macralap shade like this one can make a simple lamp something special. Measure, cut, and fit sections of burlap or jute to an existing shade. For openwork areas, trace the design, pull and tie threads after stay-stitching the outline, and attach braid trim around the edge of the design. Add beads and a ceramic medallion in the center of the threads. If you want a more diffused light, back the opening with lightweight nonwoven interfacing, then glue the burlap sections onto the shade. Cover seams with ribbon and edge top and bottom with braid.

By Hamilton Mason
and Beverly Garrett

BONFIRE COLORS FOR YOUR YARD

As summer ends, the colors that dance in a bonfire take over deciduous trees, shrubs, and vines. Plant now, and you can ensure your share in this fall spectacular year after year. Feel free to mingle yellows, reds, and oranges—the end results will be smashing, and the rich bronzes and deep russets will blend right in. No one can predict the exact colors you'll get in any season, but who cares as long as the show goes on? Foliage and fruit hues vary from year to year, depending on the weather. You can count on showy reds, for example, every fall, but they turn extra vivid when the days are sunny and the nights cool. The intense afternoon sun strengthens color—the western sides of trees and shrubs often carry the most brilliant hues in the early autumn months.

There's a subtle sequence in the show of fall color, although most of it happens in September and October. Trees and shrubs usually average two weeks of vividness. Vines such as the Boston ivy and the native Virginia creeper will be see-worthy for six weeks or more. Both turn red, as do many of the grapes. Most of the berries prized for their fall color look great into winter. You'll want to cut bittersweet and bring bonfire color indoors to enjoy all winter.



Photographs: William Hopkins, Hedrich-Blessing; Graphic Corporation; Mike Dieter; Tom Ebenhoh

1. If you like surprises, plant a winged euonymus. One fall may color pink, in another, red. The turning of the leaves may be early or late, but this shrub is always great in autumn. *Euonymus alatus* grows to nine feet—use it as tall hedge; *E. alatus compac* stays a neat four feet without much pruning on your part.
2. If reddish brown is your co choice and you have room fo only a small tree, plant an Amur maple. This hardy map seldom exceeds 15 feet; it's dense enough to work well a a lot-line hedge or screen. C set a pair of trees—one on each side of your sidewalk. In the summer, red winged seeds give the trees an extr color boost you'll like.
3. Look closely at a vernal witch-hazel in its golden-glo stage in September. Already formed buds promise the earliest spring ever. Expect unique, ribbonlike flower to break open in February—even when snow is on the







und. Witch-hazel grows ten
5 feet tall; it tolerates
de, but reaches perfection
sunny location.
he scarlet finale put on by
woods comes late in the
color sequence, but it's
th waiting for. Let a
wood snuggle against the
se so color can be seen
inside; or, use this small-
e tree as a specimen. If
have a slope on your
plant dogwood at the base
—the tops of the leaves
y a lot of color, so
effect is great when you
down from a position
ve. Red maple, scarlet oak,
sassafras carry great
mn reds, too.
ass several plants of
staghorn sumac on a slope,
g a fence, or put a
p at the end of your drive.
leaves turn an incompa-
e orange-red in autumn;
plus the serpentine
ches, makes the tall (20
high) shrubs interesting in
y season. All sumacs offer

5

6, 7

8

9

good fall color; garden catalogs and nurseries often label plants by the common names cutleaf, fernleaf.

6. The clearest yellow under fall skies belongs to the ginkgo—an ancient tree admired today for its trouble-free nature and symmetrical shape. Use it as a lawn or street-side specimen, or, let it visually extend the width of your house. It's rather slow growing; in a 20-year period it will stretch up to a height of about 25 feet.

7. Starlike leaves make the sweet gum tree distinctive in every season, but when they turn wine red in fall, the impact is doubled. Plant as a specimen; it grows to a height of 125 feet.

8. Clusters of orange fruit form on Washington hawthorns in late summer and hang on well into winter. Plant this or another variety of hawthorn wherever you need a large shrub or compact tree. Heights vary from 15 to 20 feet; some are globular, others grow into an upright shape.

9. A sugar maple in full fall color fits the mental image of the season at its finest. A perfectly rounded specimen is majestic when the outsize leaves turn gold—or gold blended with orange. Most Norway maples change to yellow too; one has maroon leaves summer and fall.

27 great food ideas from 4 basic recipes

By Doris Eby and Pat Jester

Start with homemade granola

Food staples don't have to be store-bought stereotypes. You can concoct your own kitchen standbys and get convenience without sacrificing creativity. Here's how. In your spare time, make big batches of Homemade Granola, Brandied Fresh Fruit Pot, Basic Oven Meatballs, and Six-way Chicken Base. Then let these versatile ingredients give your recipes a personal touch that you can't get from a packaged mix. Tuck the meatballs and chicken away in your freezer, keep the granola on the cereal shelf, and show off the brandied fruit in a pretty container on your counter. To get you started, we've dreamed up some delicious recipe ideas using each basic ingredient. But don't stop there. Let these handy, homemade staples inspire your own culinary coups. The possibilities are practically limitless!

Chock-full of dried apricots, raisins, sunflower seeds, coconut, and oats, **Homemade Granola** is a natural as a nutritious snack or hearty breakfast cereal. In addition, we've capitalized on the delightfully crunchy texture and vitamin-packed goodness in a sextet of home-style dishes. The four recipes pictured here are just a sample of good things to come.

Granola Casserole Bread is an easy batter bread—no kneading, no shaping, just good eating. We've baked it in a soufflé dish, but you can use any 1½-quart casserole. **Granola Ripple Cake** starts with the ever-popular cake mix and pudding mix combo. The granola ends up as a pretty swirled layer right under the powdered sugar crown. **Stuffed Cabbage Rolls** are a new variation on an old favorite. The herbed ground beef and fruit filling has a Middle Eastern flair. Granola teams up with rice, apples, oranges, and cinnamon for the pilaf-like stuffing in our delicate Cornish hens. Remember this **Granola Rice Stuffing** for roast chickens, too.

These and additional recipes begin on page 98

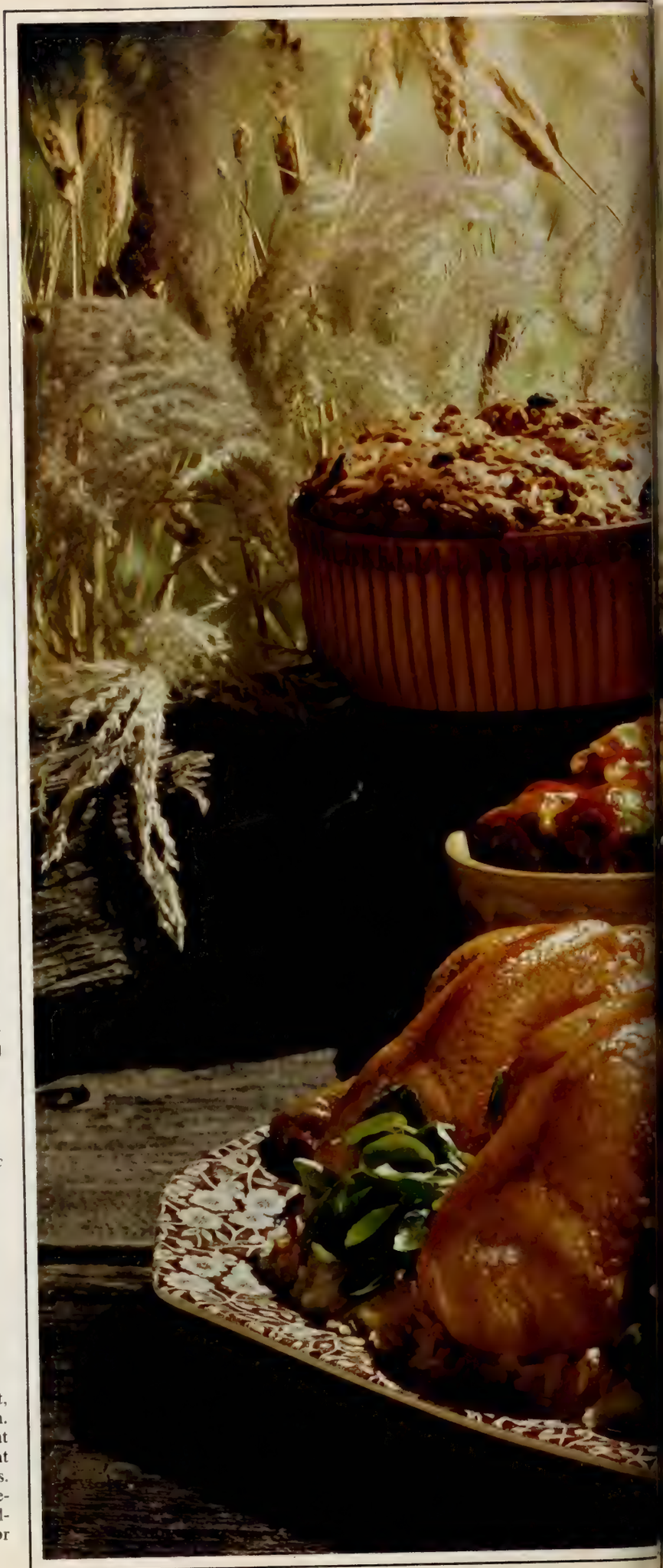
Buying information, page 131

HOMEMADE GRANOLA

To store the granola more than two weeks, seal it in plastic bags and freeze—

2½ cups old-fashioned rolled oats
1 cup shredded coconut
½ cup coarsely chopped almonds
½ cup sesame seeds
½ cup shelled sunflower seeds
½ cup unsweetened wheat germ
½ cup honey
¼ cup cooking oil
½ cup dried apricots, chopped
½ cup raisins

In large bowl, combine rolled oats, shredded coconut, almonds, sesame seeds, sunflower seeds, and wheat germ. Combine honey and oil. Stir into oat mixture. Spread out in 13x9x2-inch baking pan. Bake in 300° oven till light golden brown, 45 to 50 minutes, stirring every 15 minutes. Remove from oven; stir in dried apricots and raisins. Remove to another pan to cool. Stir occasionally during cooling to prevent lumping. Store in tightly covered jars or plastic bags. Makes 6½ cups.





Photographs: Maselli. Food Stylist: Fran Paulson

27 great food ideas from 4 basic recipes



Start with brandied fruit

Colorful **Brandied Fresh Fruit Pot** blends oranges, pineapple, pears, peaches, and maraschino cherries with a generous spike of apricot brandy. Like good wine, this kaleidoscope of fruits improves with age—simply add fruit and sugar periodically and you can perpetuate this luscious fruit pot indefinitely.

We found the brandied fruit was equally delicious in recipes from appetizers to desserts. **Serendipity Sours** in the tall glass are a frozen takeoff on whiskey sours, and **Brandied Fruit Shake** makes a delightful after-dinner ice cream drink. Our **Brandied Cheese Spread** sports a colorful brandied-fruit garnish—super with wedges of fresh fruit as well as assorted crackers. **Chicken Jubilee** in the chafing dish features brandied fruit rolled inside the chicken breasts plus more as the sparkling sauce. For a showstopping presentation, flame the sauce at the table. Bring on **Brandied Fruit Rolls** for a grand finale. Or for an impressive fast dessert, ladle brandied fruit from the jar over generous scoops of vanilla ice cream.

And here's a bonus—when fresh fruits aren't plentiful you can make all these attractive dishes from our **Brandied Canned Fruit Pot** recipe.

These and additional recipes begin on page 98

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BRANDIED FRESH FRUIT POT

An apothecary jar makes an ideal storage container—

2 cups peeled and sectioned oranges
2 cups chopped fresh pineapple
2 cups pared and chopped fresh pears
2 cups peeled and chopped fresh peaches
2 cups maraschino cherries, quartered *or* halved grapes
2½ cups granulated sugar
2½ cups packed brown sugar
6 inches stick cinnamon, broken up
1 pint apricot brandy

In large bowl, combine fruits and sugars. Let stand 3 hours, stirring once or twice. Tie cinnamon in cheesecloth bag; add to fruit along with brandy. Cover loosely or pour into a jar and cover loosely. Let stand at least one week, stirring once a day. Makes 12 cups.

To keep starter going: Add 1 cup sugar and 2 cups chopped fruit to replace every 2 cups of fruit and syrup removed. If only fruit is used and you begin to get too much syrup, try this: add 2 cups of fruit and no sugar. If the brandied mixture will not be used for some time, refrigerate it. Remove and let stand at room temperature to reactivate fermentation.



27 great food ideas from 4 basic recipes

Start with frozen meatballs

Our meatballs are a lot more than sidekicks for spaghetti. For starters, they're money-savers because they're made with soy. You buy the soy/ground beef mixture at your store or mix ground beef with textured vegetable protein (soy) and water yourself. Second, they save preparation time and trouble. Instead of frying time-consuming and kitchen-spattering small batches, you bake the meatballs all at once. And third, they save you meal-fixing time, too. With frozen meatballs on hand, you can cook up any of these delectable dishes in less than an hour.

Chili Meatball Supper (top left) combines all your favorite chili ingredients plus a double corn feature—whole kernel in the soup and corn chips sprinkled atop. Combined with a liberal seasoning of chili powder, the supper lives up to its Mexican heritage. **Cheesy Meatball Bake** (left) makes a great spur-of-the-moment casserole. All the ingredients can be safely tucked away on your shelf or in your freezer—a real plus for a harried homemaker. Another busy day, fix our **Spicy Meatball Sandwiches** (front). You simmer the meatballs in an easy barbecue sauce with real flavor authority, then serve on crusty buns with fresh onion rings. Our **Stroganoff Meatballs** (right) rival the expensive classic in everything but price. This creamy rich sauce calls for lots of pasta so you can savor every morsel. If you're in the mood for Chinese cooking, try **Oriental Meatballs** (top right). This colorful topper for crisp chow mein noodles is another quickie recipe.

These and additional recipes begin on page 98 .

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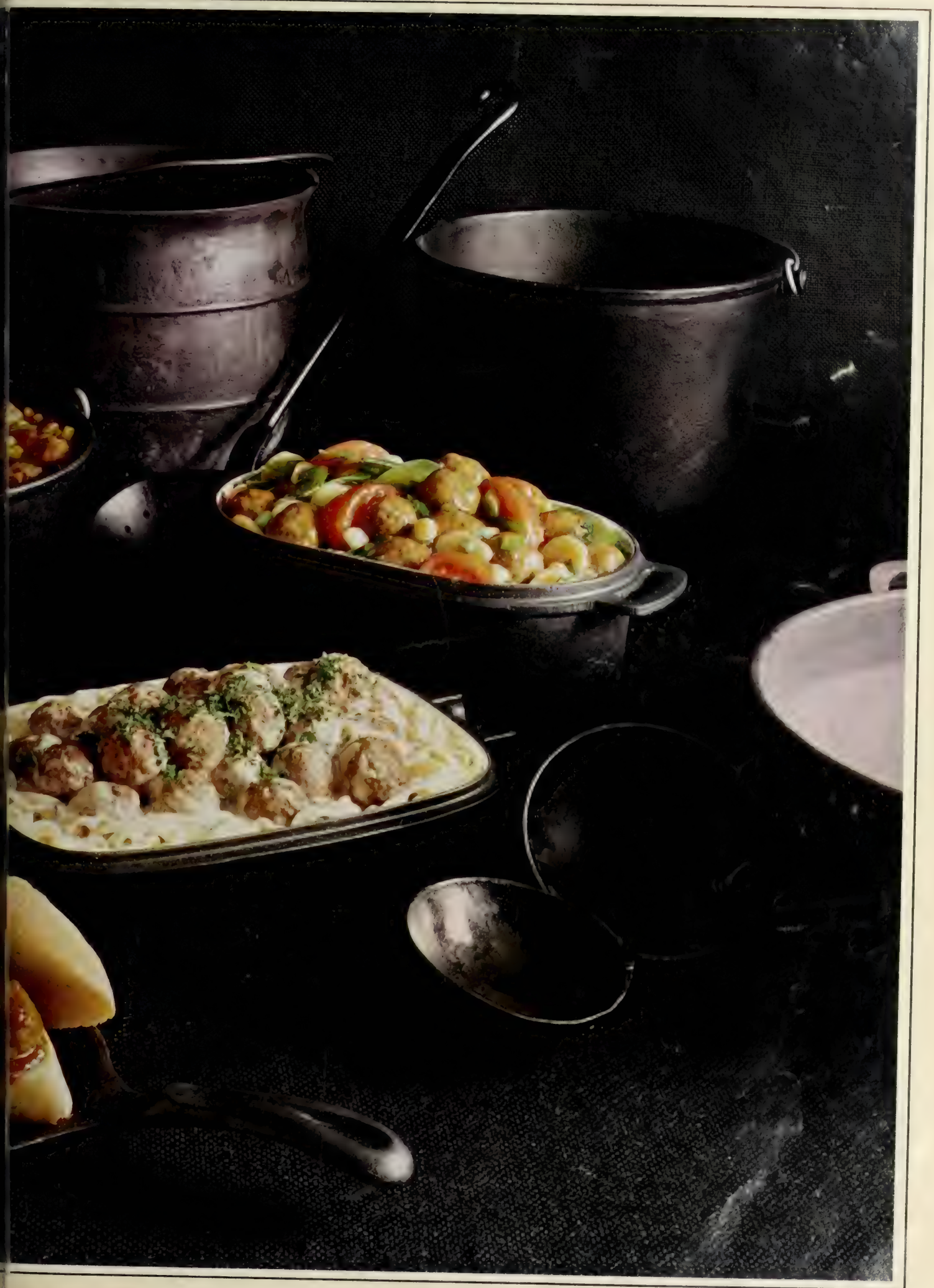
BASIC OVEN MEATBALLS

You'll find soy/ground beef meatballs are a little softer—and juicier—than all-beef meatballs—

3 eggs
½ cup milk
3 cups soft bread crumbs (4 slices bread)
½ cup finely chopped onion
2 teaspoons salt
3 pounds soy/ground beef mixture*

In large mixing bowl, beat eggs. Stir in milk, crumbs, onion, and salt. Add meat mixture and mix well. Chill. With wet hands, shape meat mixture into 6 dozen (72) 1-inch balls. Bake in two 15½x10½x1-inch baking pans in 375° oven for 25 to 30 minutes. Place meatballs on another baking pan. Cool. Place meatballs in freezer just till frozen. Using 24 meatballs per package, wrap in moisture-vaporproof bags. Seal, label, and freeze. Makes 3 packages of 24 meatballs or a total of 72 meatballs.

*Buy 3 pounds ground beef with textured vegetable protein (soy) at your meat counter *or* mix enough ground beef, textured vegetable protein, and water to make 3 pounds soy/ground beef mixture according to the directions on the package.



27 great food ideas from 4 basic recipes

Start with stewed chicken

No need to get in a stew every time you fix stewed chicken. You can simmer enough chicken for several full-bodied dishes all at once—then use part of the chicken that day and freeze the rest. It's a great way to save preparation time and cut down on cleanup, too. But the best part is the wealth of good eating you stash away: the makings for six delectable entrées, all short-cut with our anytime staple, **Six-way Chicken Base.**

Brunswick Stew (top left) makes a jiffy recipe out of a long-cooking favorite. Okra, lima beans, tomatoes, and potatoes simmer in a broth—perfect for a light supper with squares of hot corn bread. Remember **Club Chicken Casserole** (left front) for your next dinner party. Chopped broccoli and rice bake in a creamy chicken sauce highlighted with mushrooms. Garnish with elegant toasted almonds, a regal cluster of red grapes, and parsley. Your family will go for **Saucy Chicken Pie** (right front). The creamy chicken and vegetable mixture is laced with tangy sour cream, while herb-seasoned stuffing mix jazzes up the fluffy whipped potato topper. **Double-decker Chicken Salad** (top right) can be the hit of your next luncheon. Cream cheese and cottage cheese make it doubly rich, and tomato soup and chives contribute subtle seasoning. For satisfying crunch, the salad is flecked with celery, carrot, and green pepper.

These and additional recipes being on page 98

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SIX-WAY CHICKEN BASE

2 3-pound broiler-fryers, cut up *or* 1 6-pound stewing hen, cut up
1¼ pounds chicken wings *or* backs (about 6)
2 sprigs parsley
4 branches celery with leaves
1 carrot, pared and quartered
1 small onion, cut up
2 teaspoons salt
¼ teaspoon pepper
2½ quarts water

Place chicken pieces, parsley, celery, carrot, and onion in large Dutch oven or kettle. Sprinkle with the salt and pepper. Add the 2½ quarts water plus more water to cover chicken, if necessary. Bring to boiling. Reduce heat; cover and cook over low heat for 1 hour (1½ to 2 hours for stewing hen), or till tender. Remove meat to shallow baking pan to cool; refrigerate broth or chill in pan of ice water. When cool enough to handle, remove meat from bones; discard skin and bones. Cube meat. Cover meat loosely and refrigerate. Skim excess fat from broth. Strain broth. In three 1-quart freezer containers, pack 2 cups of chicken and 2 cups of the chilled broth. Pour remaining broth into two 1-pint containers. Seal, label, and freeze. Makes 3 quarts chicken with broth and 2 pints broth.

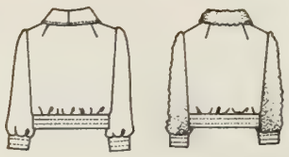




SEPTEMBER SEWING:

A season-spanning jacket

Right now is a good time to sew this smart and serviceable jacket for your child. It was designed exclusively for our readers by Burda of Germany. We stitched one version in a handsome wool plaid and the other in a fanciful combination of vinyl and polyester "fur." Pattern 01299: available in sizes 6,8,10.



Back views

BODY MEASUREMENT CHART

Size	6	8	10
Chest	25½	27	28½
Waist	22	23½	24½
Hip	26	28	30
Back waist length	10½	12	12¾
Height	45	49½	54½

Before ordering, measure your child carefully and compare results with our chart.

Send order to:

Better Homes and Gardens
Dept. 2W1, P.O. Box 374
Des Moines, Iowa 50336

Pattern 01299 Girl's Jacket
☐ Size 6 ☐ Size 8 ☐ Size 10 Each $1.50

Special offer: Any two patterns for $2.50, any three for $3.45, any four for $4.25.

Postage and handling: for one to three patterns, add 25 cents, for four or more patterns, add 50 cents.

Name_____

Address_____

City_____ State_____ Zip_____

Remember the first time you discovered vegetables really tasted good?

Campbell's Vegetable Soup



Maybe the carrots started it, or the potatoes. You spooned up a couple of alphabet letters. Somehow the potatoes, peas and corn found their way into your spoon. Maybe it was the way the good broth blended them all together. Before you knew it, the bowl was empty. And vegetables somehow tasted good from then on. Later on you discovered a couple of more delicious ways to enjoy vegetables: Campbell's Old Fashioned Vegetable and Campbell's Vegetarian Vegetable Soups.

M'm! M'm! Good!

begins on page 88

27 great food ideas from 4 basic recipes

Start with Homemade Granola. All of the following recipes are based on Homemade Granola, recipe on page 88.

GRANOLA CASSEROLE BREAD

A moist, robust bread that makes delicious toast—

3 cups all-purpose flour
1 package active dry yeast
1¼ cups water
3 tablespoons light molasses
2 tablespoons butter or margarine
1 teaspoon salt
1 egg
1½ cups Homemade Granola

In large mixer bowl, combine 2 cups of the flour and the yeast. In saucepan, heat together water, molasses, butter or margarine, and salt, stirring constantly till butter or margarine almost melts. Cool, if necessary, to 120°. Add to dry mixture in mixer bowl. Add egg. Beat ½ minute at low speed of electric mixer, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining flour and Homemade Granola, stirring till dough is well mixed. Place in greased 1½-quart soufflé dish or casserole. Cover loosely. Let rise in warm place till almost double, about 1 hour. Bake in 325° oven for 45 minutes, covering with foil the last 25 minutes to prevent overbrowning. Remove from casserole; brush crust with additional melted butter or margarine, if desired. Makes 1 round loaf.

GRANOLA RIPPLE CAKE

Great way to serve cereal for your next kaffee klatch—

1 package 2-layer-size white cake mix
1 3¾- or 3⅝-ounce package *instant* butterscotch pudding mix
1 cup water
½ cup cooking oil
4 eggs
2 cups Homemade Granola
Sifted powdered sugar

In large mixer bowl, combine cake mix, pudding mix, water, and oil. Beat on medium speed of electric mixer for 2 minutes or till mixture is smooth. Add eggs, one at a time, beating well after each addition. Pour ¾ of batter into well-greased and floured 10-inch fluted tube pan. Sprinkle with Homemade Granola. Carefully spoon remaining batter over. Bake in 350° oven for 50 to 55 minutes or till cake tests done. Cool 15 minutes in pan. Remove cake from pan; cool thoroughly on rack. Sprinkle with powdered sugar.

GRANOLA RICE STUFFING

This flavorful stuffing is reminiscent of a pilaf—

1 small orange
1½ cups cooked long-grain rice
1 cup Homemade Granola
1 small apple, pared, cored, and chopped (⅔ cup chopped)
½ teaspoon salt
¼ teaspoon ground cinnamon
⅓ cup chopped celery
¼ cup chopped onion
2 tablespoons butter or margarine
Orange juice
6 1-pound Cornish hens *or* 2 3-pound whole broiler-fryers
Cooking oil

Peel and section orange over bowl to catch juice; set juice aside. Chop orange sections (should have ⅓ cup). In large bowl, combine rice, Homemade Granola, apple, chopped orange, salt, and cinnamon. Set aside. In small saucepan, cook celery and onion in butter or margarine till tender but not brown. Add to rice mixture, tossing lightly till well mixed. (Add reserved orange juice, if desired, to moisten.) Stuff lightly into Cornish hens or chickens. Place, breast side up, on rack in shallow roasting pan. Brush with cooking oil. Roast Cornish hens, loosely covered with foil, in 375° oven for 30 minutes; uncover and roast 1 hour more or till done. Roast chickens, loosely covered with foil, in 375° oven for 1½ hours or till done. Garnish with watercress, if desired. Makes 6 servings.

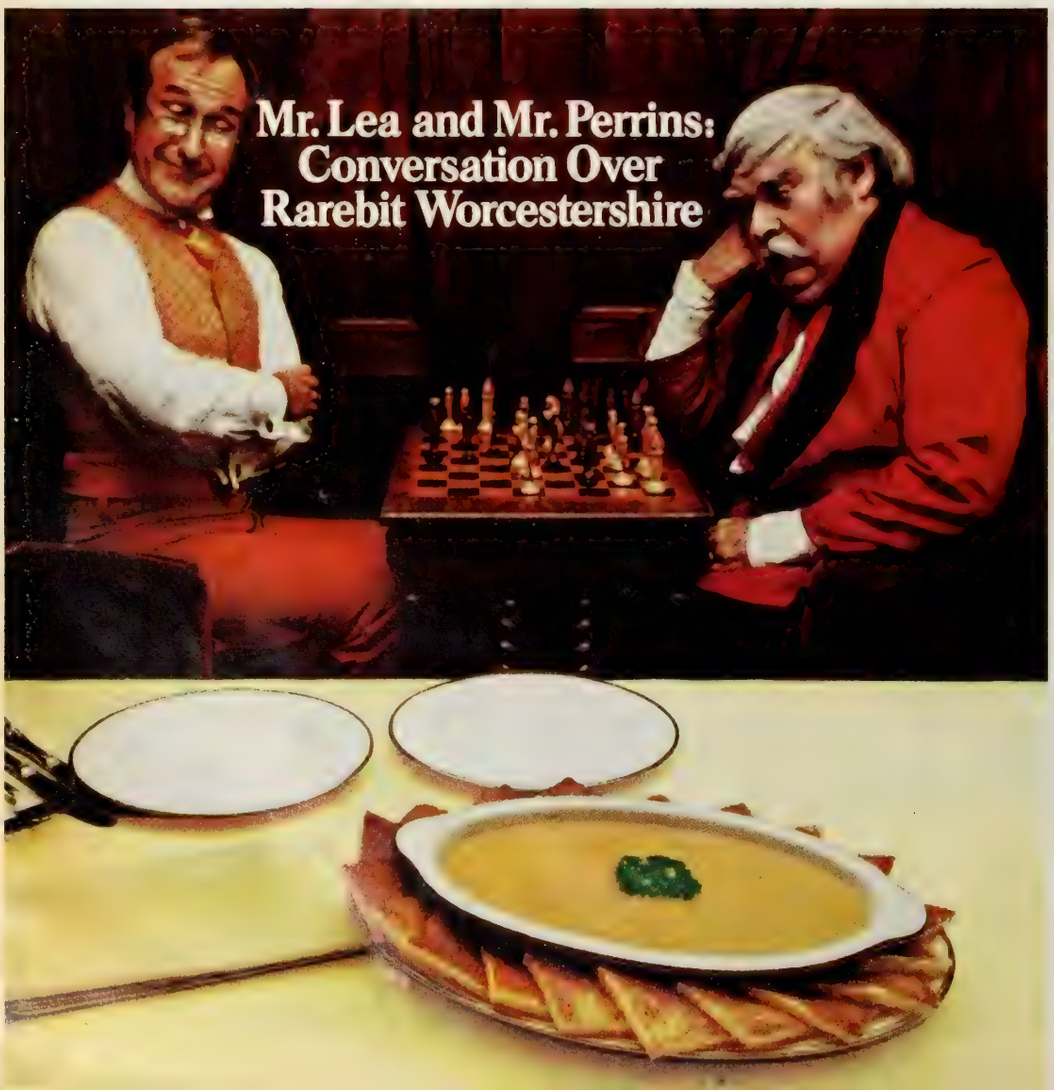
STUFFED CABBAGE ROLLS

Serve with boiled potatoes, buttered noodles, or rice—

12 large cabbage leaves
1 beaten egg
½ cup water
1 cup Homemade Granola
¼ cup chopped onion
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon dried thyme, crushed
1 pound ground beef
1 15-ounce can tomato sauce
2 tablespoons brown sugar
2 tablespoons lemon juice

Immerse cabbage leaves (heavy center vein of leaf may be cut out) in boiling water for 3 minutes or just till limp; drain. Combine egg and water. Add Homemade Granola,

continued on page 106



Mr. Lea: Checkmate, old man! Now delectable supper of Quick Cheese Rarebit, through with our perfect Worcestershire.

Mr. Perrins: Amazing how it makes so economy meals taste luxurious.

Mr. Lea: Indeed! Which is why prudent use its unique, subtle flavor to enhance dish Beef and Noodle Strata.

Mr. Perrins: Mr. Lea, your knowledge o Worcestershire is as impeccable as your ches

QUICK CHEESE RAREBIT
In saucepan blend 2 (11 oz) cans condensed Cheddar soup, ⅓ c flat beer and 2 tsp Lea & Perrins Worcestershire. Heat, stirring constantly. Serve over toast points and/or ham. Serves 6.

BEEF AND NOODLE STRATA
Saute 1½ lb ground beef. Stir in 1 Tbsp Lea & Perrins Worcestershire Sauce and ¾ tsp salt. Place 3 cups cooked noodles in 2-qt casserole. Spoon meat over noodles. Top with 2 more cups noodles. Blend 2 (10¾ oz) cans condensed vegetable soup, ¾ cup water and 1 Tbsp Lea & Perrins; pour over all. Cover; bake in 350° oven 30 minutes. Serves 8.

TOMATO-SHIRRED EGGS
Combine 1 lb can tomatoes, drained and crushed; 2 Tbsp chopped parsley; 1 Tbsp Lea & Perrins Worcestershire Sauce and ½ tsp salt. Place in 10x6x2-inch casserole. Form 6 wells; place 1 egg into each well. Sprinkle with 1 Tbsp grated Parmesan and ¼ tsp salt. Bake in 375° oven 10-15 minutes. Serve with bacon. Serves 4-6.

Lea & Perrins. The people who know their sauces.
For free recipe book, write: Lea & Perrins, Dept. BC, Fair Lawn, N.J. 07410.

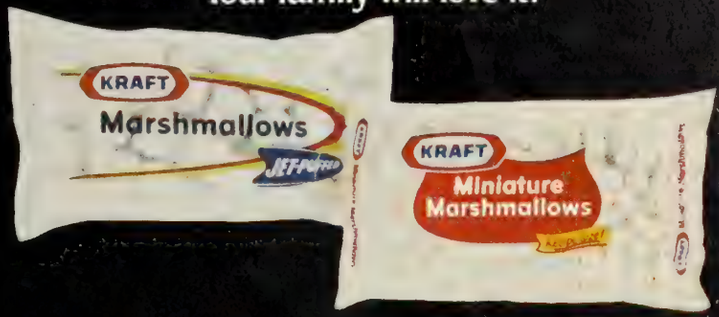
Banana Boat Dessert

1 3¼ oz. pkg. vanilla pudding and pie filling mix
1½ cups Kraft Miniature Marshmallows or 15 Kraft Jet-Puffed Marshmallows
½ cup heavy cream, whipped
Vanilla wafers
2 bananas, sliced

Prepare mix as package directs for pudding. Cover surface of pudding with transparent wrap; chill. Fold in whipped cream and miniature marshmallows. (Quarter Jet-Puffed Marshmallows directly into pudding mixture using scissors dipped in water.)

Line bottom and sides of 10 x 6 inch baking dish with wafers. Pour in half of pudding mixture. Cover with banana slices; top with remaining pudding. Chill. Garnish as desired.
6 servings

Make it the good Kraft way.
Your family will love it.



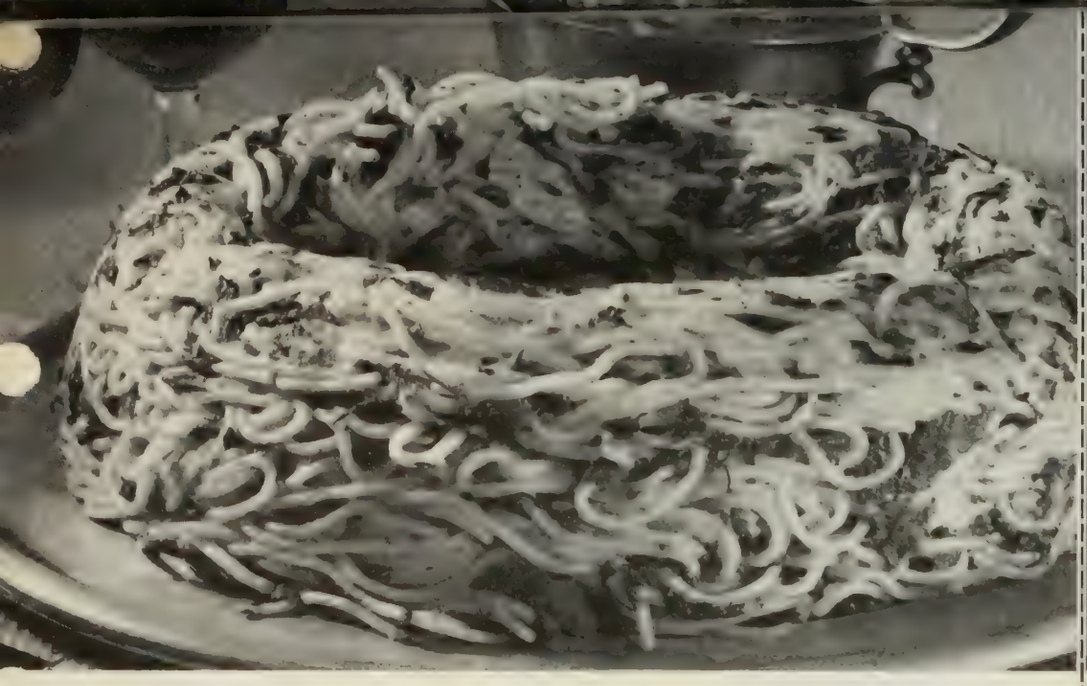
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Photographs: Dieter

FILE UNDER CASSEROLES AND ONE-DISH MEALS

PASTA MAIN DISHES

Spaghetti Ring Florentine

Spinach molded into a spaghetti ring wins first prize—

8 ounces spaghetti
2 10-ounce packages frozen chopped spinach
½ cup chopped onion
½ cup (2 ounces) grated parmesan cheese
1 4-ounce jar pimiento, chopped (⅓ cup)
4 tablespoons butter or margarine, softened
2 slightly beaten eggs
3 cups sliced fresh mushrooms (10 ounces)
4 tablespoons butter or margarine
2 16-ounce jars meatless spaghetti sauce

Cook spaghetti according to package directions; drain. Meanwhile, cook frozen spinach according to package directions adding onion; drain. Combine spaghetti, spinach, cheese, pimiento, the first 4 tablespoons butter or margarine, and eggs; mix well. Turn into a greased and waxed paper-lined 6½-cup ring mold. Cover and bake in 375° oven for 25 minutes. Meanwhile, in saucepan, cook mushrooms in remaining butter till tender; add spaghetti sauce and heat through. Cool ring in mold 5 minutes; unmold. Serve with sauce. Makes 8 servings.

Lynn Steuer, Hawley, Pa.

Cut along dotted line

FILE UNDER DESSERTS

FRUIT COBBLERS

Apple Gingerbread Cobbler

First prize goes to a winning flavor team—gingerbread and apples—

4 medium apples, pared, cored, and sliced (4 cups)
½ cup packed brown sugar
1 tablespoon lemon juice
¼ teaspoon cinnamon
¼ cup granulated sugar
1 egg
½ cup buttermilk
¼ cup molasses
2 tablespoons cooking oil
1 cup all-purpose flour
½ teaspoon baking soda
½ teaspoon baking powder
½ teaspoon ginger
¼ teaspoon nutmeg
2 teaspoons cornstarch

Combine apples, brown sugar, 1 cup water, lemon juice, and cinnamon. Cover and cook till apples are tender. Beat together granulated sugar, egg, buttermilk, molasses, and oil. Stir together flour, baking soda, baking powder, spices, and ¼ teaspoon salt. Add to egg mixture and beat till smooth. Combine cornstarch and 1 tablespoon cold water. Stir into apple mixture. Pour into a 1½-quart casserole. Spoon gingerbread mixture atop. Bake in 350° oven 30 minutes.

Diana Lynn Aman, Spencer, N.Y.



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Pinwheel Peach Cobbler

½ cup packaged biscuit mix
1 tablespoon sugar
2 tablespoons finely chopped pecans
2 tablespoons milk
1 teaspoon cooking oil
1 tablespoon strawberry preserves
1 16-ounce can sliced peaches
¼ cup sugar
2 teaspoons cornstarch
2 teaspoons lemon juice
1 tablespoon butter or margarine

Stir together biscuit mix, the 1 tablespoon sugar, and nuts; add milk and oil. Mix well. Pat to 6x4-inch rectangle on well-floured surface; spread with preserves. Roll up from short side; cut into 4 slices. Drain peaches, reserve syrup; add water to make 1 cup. Combine remaining sugar, cornstarch, and a dash salt; stir in syrup and lemon juice. Cook and stir till bubbly. Add butter or margarine and peaches; heat through. Divide into four 1-cup baking dishes. Place biscuit atop each. Bake in 425° oven 15 minutes. Makes 4 servings.

Mrs. Karen Rowell, Muncie, Ind.



Raspberry-pear Cobbler

1 10-ounce package frozen raspberries, thawed
⅓ cup sugar
2 teaspoons cornstarch
¼ teaspoon ground cinnamon
3 medium pears, sliced (2½ cups)
1 cup all-purpose flour
½ cup sugar
1 teaspoon baking powder
¼ teaspoon salt
1 beaten egg
¾ cup dairy sour cream
2 tablespoons butter or margarine, melted

Drain raspberries, reserving syrup. Add enough water to syrup to make 1 cup. In saucepan, combine the ⅓ cup sugar, cornstarch, and cinnamon; add syrup. Cook and stir till bubbly. Add fruits; heat through. Pour into 10x6x2-inch baking dish. Combine flour, the ½ cup sugar, baking powder, and salt. Combine egg, sour cream, and butter or margarine. Add to flour mixture; blend well. Drop spoonfuls onto fruit. Bake at 350° 30 minutes. Makes 6 servings.

Mrs. Irene C. Mund, Weatogue, Conn.

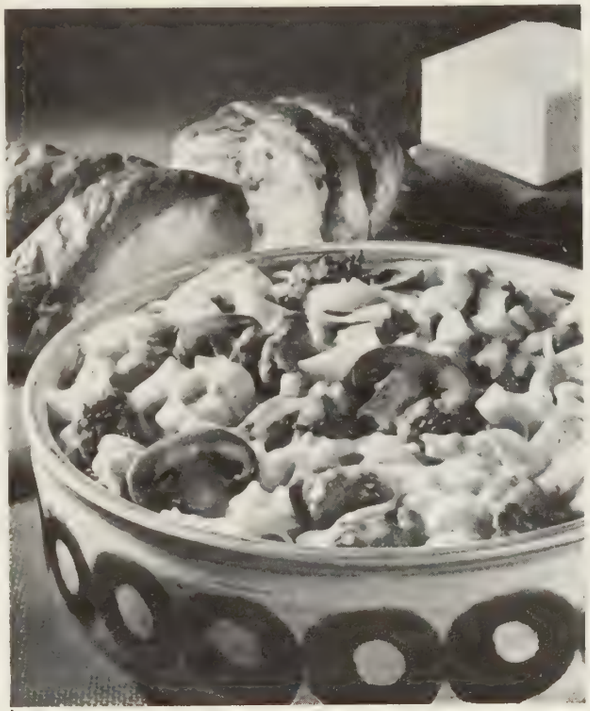


Macaroni and Cheese Croquettes

1¼ cups macaroni
1 slightly beaten egg
1 can condensed cream of celery soup
2¼ cups soft bread crumbs (3 slices bread)
1 cup (4 ounces) shredded natural cheddar cheese
1 tablespoon grated onion
¼ teaspoon salt
Dash pepper
½ cup fine dry bread crumbs
2 tablespoons cooking oil
2 medium tomatoes, halved

Cook macaroni in boiling salted water till tender; drain. Combine macaroni, egg, soup, soft bread crumbs, cheese, onion, salt, and pepper; chill. Using about ½ cup for each, shape into 8 patties. Coat patties with fine dry bread crumbs. Cook half of the patties at a time in hot oil, 4 minutes per side. Sprinkle halved tomatoes with Italian dressing and snipped parsley. Broil tomato halves, cut side up, 3 inches from heat about 5 minutes. Makes 4 servings.

Mrs. John J. Gossage, Springfield, Va.



Dilled Stroganoff

1 pound ground beef
1 cup chopped onion
1 cup fresh mushrooms, sliced
1 clove garlic, minced
2 tablespoons snipped parsley
½ teaspoon dried dillweed
¾ cup beef broth
½ cup dry red wine
¼ cup catsup
1 cup dairy sour cream
1 tablespoon all-purpose flour
8 ounces medium noodles, cooked and drained
Grated parmesan cheese

In 10-inch skillet, cook ground beef, onion, mushrooms, and garlic till meat is browned and vegetables are tender. Drain off excess fat. Stir in parsley, dillweed, ½ teaspoon salt, dash pepper, beef broth, wine, and catsup. Cover; simmer 10 minutes. Blend together sour cream and flour; stir into beef mixture. Cook and stir till thickened and bubbly. Add cooked noodles; heat through. Sprinkle with parmesan cheese. Makes 6 servings.

Mrs. Marc B. Baer, Iowa City, Ia.

Is this side dish un-American, or is it simply a nice change from potatoes?



Noodles Romanoff may have started in Russia.

But all the good things in it—creamed cottage cheese, egg noodles, sour cream—make it very American.

So, Stouffer's Noodles Romanoff is simply a delightful change. From potatoes. From rice. From almost anything you want a change from.

And there are 11 more delightful changes where that came from. All different. All Side Dishes from Stouffer's.

But, first, steal a secret from the Russians.

Have Noodles Romanoff soon.

Nazdrovia!



Something different.
Side Dishes from Stouffer's.

To glamorize convenience food



FISH AU GRATIN

A quick way to dress up fish.

- 1 pound frozen or fresh fillet of sole, flounder or haddock
- 1/3 cup BEST FOODS Real Mayonnaise
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fine dry bread crumbs

Brush each fillet with Real Mayonnaise. Mix cheese and crumbs. Roll fish in crumb mixture; place in baking dish. Sprinkle with remaining crumb mixture. Bake in 375°F oven until fish is lightly browned and flakes easily when tested with fork; 30 to 35 minutes for frozen fish or 25 minutes for thawed or fresh fish. Serves 3 to 4.



CHEESE RAREBIT

Soup becomes a savory supper.

- 1 can (11 oz) condensed Cheddar cheese soup
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/4 cup dry white wine
- 1/2 clove gar… crushed
- 8 slices ha…
- 8 slices ton…
- 8 slices toa…

Mix first 4 ingredients in saucepan. Cook over low heat 5 mi… until heated. Place ham and tomato slices on toast. Top with … Real Mayonnaise mixture. Serves 4.



CROWN CASSEROLE

Golden-glazed biscuits top this one-dish dinner.

- 1 pound ground beef
- 1 package (10 oz) frozen mixed vegetables
- 1/3 cup chopped green pepper
- 1 package (3/4 oz) brown gravy mix
- 1 1/4 cups hot water
- Dash salt
- Dash garlic powder
- 1/3 cup BEST FOODS Real Mayonnaise
- 1 can (8 oz) refrigerated biscuits

Brown beef in skillet over medium heat, stirring frequently; drain fat. Add next 6 ingredients; bring to boil. Remove from heat; stir in Real Mayonnaise. Place mixture in 1 1/2-quart casserole. Flatten biscuits slightly, arrange overlapping around edge of casserole. Brush biscuits with additional Real Mayonnaise; bake in 425°F oven 15 minutes or until heated and biscuits are browned. Serves 4 to 6.

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y to turn canned or frozen foods into delicious home-meals. Just start with creamy-smooth Best Foods Mayonnaise. It's the really fresh Real Mayonnaise.



HASH TURNOVERS

Hearty canned hash served a family-pleasing way.

15 oz) corned beef hash
age (10 oz) frozen peas
d carrots, thawed
BEST FOODS Real Mayonnaise
2 tablespoons Dijon-style mustard
Dash pepper
2 cans (8 oz each) refrigerated crescent rolls

her first 5 ingredients. Separate rolls; pat each lightly into triangle ace about 1/2 cup hash mixture in center of each of 8 triangles. h remaining 8 triangles; fork edges to seal. Transfer turnovers to un-ookie sheet. Bake in 375°F oven 20 minutes or until golden brown. If rush with additional Real Mayonnaise while hot. Serves 8.



STUFFED ZUCCHINI

No browning or boiling, just bake and serve.

s zucchini
ground beef
EST FOODS Real Mayonnaise
ons dehydrated onion flakes
ons dried parsley flakes
1 teaspoon oregano leaves
1 teaspoon salt
1 teaspoon lemon juice
1/4 teaspoon pepper
2/3 cup spaghetti sauce

chini. Scoop out centers leaving 1/4-inch shell; place in shallow h. Coarsely chop zucchini centers; mix with next 8 ingredients. shells. Top with sauce. Bake in 350°F oven 30 minutes. Serves 4.



TUNA PIZZA

Easy-to-make crust with nutritious filling.

1 can (8 oz) refrigerated crescent rolls
2 cans (7 oz each) tuna, drained and flaked
1/2 cup BEST FOODS Real Mayonnaise
1/4 cup chopped parsley
1/4 cup sliced green onion
2 tablespoons chopped sweet red pepper
1 tablespoon lemon juice
1/2 pound sliced Swiss or American cheese
Tomato slices, halved

Press rolls into 12-inch pizza pan; seal perforations and form crust with 1/2-inch rim. Bake in 375°F oven 15 minutes. Remove from oven. Mix next 6 ingredients. Place cheese on top of crust; spread with tuna mixture. Arrange tomato slices around edge of tuna. Bake 10 to 12 minutes longer. Serves 8.



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Whip out for some soon.

*T.M. of Sunkist Growers, Inc.



continued from page 98

27 great food ideas from 4 basic recipes

onion, salt, pepper, and thyme. Add beef; mix thoroughly. Place about ¼ cup meat mixture in center of each leaf; fold in sides



and roll ends over meat. Fasten with wooden picks. Place in a 10-inch skillet. Combine tomato sauce, brown sugar, and lemon juice. Pour over cabbage rolls. Simmer, covered, for 55 minutes, basting occasionally. Remove cover; cook 5 minutes more or till sauce is desired consistency. Makes 6 servings.



CURRIED GRANOLA SNACK
Nutritious nibble to serve as a late-afternoon snack—

2 tablespoons butter or margarine
1 teaspoon curry powder
½ teaspoon onion salt
⅛ teaspoon ground ginger
2 cups Homemade Granola

In large heavy skillet, melt butter or margarine. Blend in curry powder, onion salt, and ginger. Add Homemade Granola, tossing to coat with butter mixture. Heat 3 to 5 minutes over low heat, stirring frequently. Drain on paper toweling. Serve at room temperature. Makes 2 cups.

PEANUT ICE CREAM PIE
To serve, wrap a hot, wet towel around pie plate before cutting—

1 tablespoon butter or margarine
1½ cups Homemade Granola
1 quart vanilla ice cream
½ cup crunch-style peanut butt
1 cup frozen whipped dessert topping, thawed
2 tablespoons fudge ice cream topping
Chopped peanuts

Use butter or margarine to g erously grease bottom and si of 9-inch pie plate. Sprin Homemade Granola in botto pie plate. Bake in 375° oven 5 to 6 minutes. While warm, p some granola up along sides pie plate using a narrow spat Cool. In chilled bowl, stir cream just till softened. Imm ately fold in peanut butter, t whipped topping. Quickly sp ice cream mixture into cr Place in freezer. Thin fudge t ping with a little water; dri over top of pie. Wrap and ret to freezer till firm, about 5 ho Remove from freezer 10 min before serving. Sprinkle v chopped peanuts.



Start with Brandied Fruit. Al the following recipes are base Fresh Brandied Fruit Pot, re on page 90.

BRANDIED CANNED FRUIT PO
You can substitute this recipe the fresh brandied fruit pot—

2 cups chopped, drained cann apricots
2 cups drained canned pineap tidbits
2 cups chopped, drained cann pears
2 cups chopped, drained cann peaches
2 cups drained maraschino cherries, quartered
1¾ cups granulated sugar
1¾ cups packed brown sugar
6 inches stick cinnamon, broken up
1 pint apricot brandy

In large bowl, combine fruits sugars. Let stand 3 hours, sti carefully once or twice. Tie namon in cheesecloth bag; a fruit along with brandy. C loosely or pour into jar and c loosely. Let stand at room perature at least 1 week, sti once a day. Makes 12 cups.

p starter going: Add 1
- and 3 cups chopped
uit to replace every 2
uit and syrup removed.
uit is used and there be-
o large a proportion of
d 3 cups fruit and no
brandied mixture will
d for some time, refrig-
move and let stand at
perature to reactivate
ion.

PITY SOURS
on whiskey sours—
ndied Fruit Pot with

ed nonalcoholic
sour mix
er
ons peach brandy
Brandied Fruit Pot with
r mix, and water; pour
erator tray. Freeze till
it 3 to 4 hours. Place
it mixture in blender
add brandy. Cover and
fly till slushy. Serve in
es. Makes 4 servings.

FRUIT SHAKE
er-dinner treat, replace
the milk with some
ndy—
ed Brandied Fruit Pot

a ice cream
ineapple chunks and
no cherries

ndied Fruit Pot and
nder container. Cover
till smooth, about 20
spoon in vanilla ice
er and blend just till
r into glasses. Garnish
skewers and mint
es 2½ cups.

CHEESE SPREAD
me, serve with fresh
ssert—
ackage cream cheese,

ces) shredded sharp
eddar cheese at
perature
ns Brandied Fruit

s currant jelly
chopped, drained
Fruit Pot
ckers
xer bowl, beat cream
eddar cheese, and
ruit syrup till fluffy.
axed paper, shaping a
6 inches in diameter
thick. Chill till firm.
in small saucepan,
tir currant jelly till
in chopped Brandied
hill. To serve, remove
r and place cheese
n serving platter.
-fruit mixture atop
d. Surround platter
s.



continued

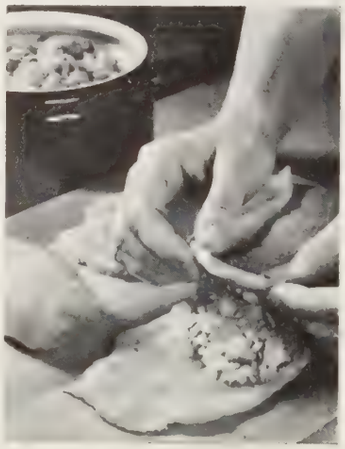
27 great food ideas from 4 basic recipes

CHICKEN JUBILEE

Elegant served with long-grain and wild rice mix—

4 large chicken breasts, skinned, split, and boned
1 cup finely chopped fully cooked ham
½ cup chopped, drained Brandied Fruit Pot
2 tablespoons chopped onion
2 tablespoons butter or margarine
¼ cup crushed saltine crackers
¼ teaspoon ground ginger
4 tablespoons butter or margarine
1 cup chicken broth
3 tablespoons vinegar
½ teaspoon salt
1 tablespoon cornstarch
½ cup Brandied Fruit Pot syrup
1 cup drained Brandied Fruit Pot
¼ cup brandy

Place chicken pieces, boned side up, on cutting board. Working from center out, pound lightly to make cutlets ¼ inch thick. In saucepan, cook ham, the ½ cup Brandied Fruit Pot, and the onion in the 2 tablespoons butter or margarine. Add cracker crumbs and ginger; mix well. Divide ham mixture evenly among chicken breasts. Tuck in sides of each and



roll up jelly roll fashion. In skillet, slowly brown chicken rolls, seam side down, in the 4 tablespoons butter or margarine. Add broth, vinegar, and salt. Cover and simmer 20 minutes. Mix cornstarch with the ½ cup Brandied Fruit Pot syrup. Stir into sauce in skillet. Add the 1 cup Brandied Fruit Pot. Cook, uncovered, 15 minutes more or till chicken is tender. Remove chicken to chafing dish. Pour sauce over chicken. Heat brandy; ignite and pour brandy over chicken. Makes 8 servings.

BRANDIED FRUIT ROLLS

Delicious served with vanilla ice cream, too—

½ cup packed brown sugar
2 teaspoons cornstarch
½ cup Brandied Fruit Pot syrup
2 tablespoons butter or margarine
2 tablespoons lemon juice

• • •

1 cup drained Brandied Fruit Pot
1½ cups all-purpose flour
1 tablespoon granulated sugar
2½ teaspoons baking powder
½ teaspoon salt
4 tablespoons butter or margarine
1 egg
⅓ cup milk

• • •

1 tablespoon butter or margarine, melted
¼ cup packed brown sugar
½ teaspoon ground cinnamon
1 cup drained Brandied Fruit Pot

In small saucepan, combine the ½ cup brown sugar and the cornstarch. Stir in the Brandied Fruit Pot syrup, the 2 tablespoons butter or margarine, and the lemon juice. Bring to boiling; boil gently for 5 minutes. Pour into 6½-cup ring mold. Arrange the first 1 cup Brandied Fruit Pot in ring mold. In bowl, thoroughly stir together flour, granulated sugar, baking powder, and salt. Cut in the 4 tablespoons butter or margarine till mixture resembles coarse crumbs. Combine the egg and milk; add all at once to dry ingredients. Stir just till moistened. Turn out on lightly floured surface; knead a few times. Roll dough to 10x10-inch square. Brush with the melted butter. Sprinkle with the remaining brown sugar and the cinnamon. Top with the remaining Brandied Fruit Pot. Roll up, jelly roll style; seal edges well. Cut in 10 slices. Place slices in ring mold with cut side facing edge of mold. Bake in



400° oven for 45 minutes. Serve warm with whipped cream. Makes 10 servings.

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Betty Crocker Fudge Brownie Supreme. The really moist, really fudgy kind.

Betty Crocker Traditional Fudge Brownie. The rich, chewy, old-fashioned kind.



HAM RING
me, fill the center of
h sweet potatoes—
gs

am cracker crumbs
ped onion
salt
• •
und fully cooked ham
und beef
ed, drained Brandied

n cornstarch
eetened pineapple

died Fruit Pot syrup
n lemon juice
ed Brandied Fruit Pot
combine eggs, milk, nion, and salt. Add mix well. Stir in the 1 ed Fruit Pot. Rinse a ng mold with water. mixture firmly into t onto shallow baking n meat mixture with la and remove mold. 0° oven for 40 min- all saucepan, combine pineapple juice, and ruit Pot syrup. Cook thickened and bubbly; ute more. Add lemon e remaining Brandied Spoon sauce over ham rve; pass remaining es 8 to 10 servings.

rozen Meatballs. All of g recipes are based on Meatballs, recipe on

BALL SUPPER
and shredded cheese
garnish—
ed onion
ped green pepper
can tomatoes, cut up
can red kidney beans,

can whole kernel

n tomato sauce
salt
ons chili powder

4) frozen Basic
tballs

continued

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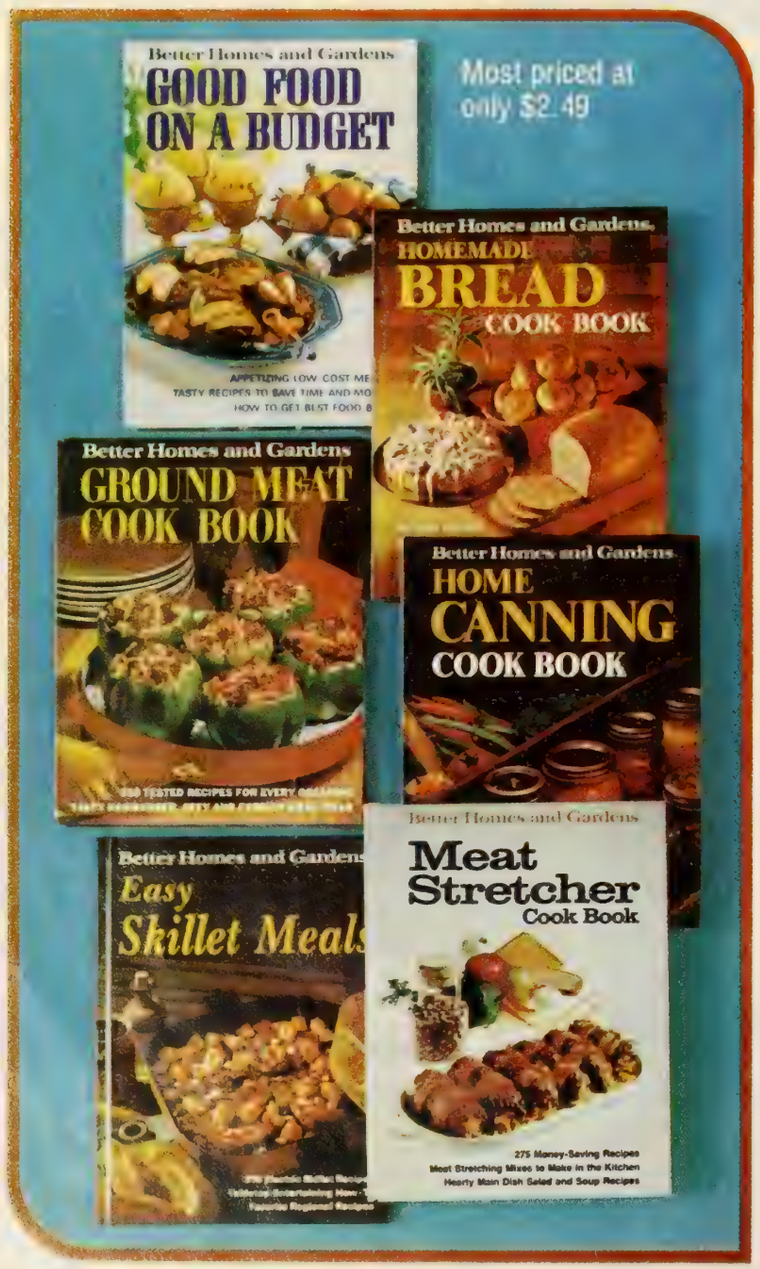
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continued

27 great food ideas from 4 basic recipes

½ cup (2 ounces) shredded natural cheddar cheese
½ cup crushed corn chips

In saucepan, combine onion, green pepper, tomatoes, kidney beans, undrained corn, tomato sauce, salt, chili powder, and bay leaf. Bring to boiling. Add frozen meatballs. Cover and simmer for 45 minutes, stirring occasionally. Remove bay leaf. Serve in bowls. Pass cheddar cheese and corn chips to sprinkle atop each serving. Makes 6 to 8 servings.

CHEESY MEATBALL BAKE

Taco seasoning mix adds golden color to the biscuits—

4 tablespoons butter or margarine
3 tablespoons all-purpose flour
1 tablespoon taco seasoning mix
¼ teaspoon salt
2 cups milk
1 10-ounce package frozen Welsh rarebit, thawed
⅓ recipe (24) frozen Basic Oven Meatballs
1 10-ounce package frozen mixed vegetables, thawed
1½ cups packaged biscuit mix
7 tablespoons water

In 3-quart saucepan, melt butter or margarine. Blend in flour, *1½ teaspoons* of the taco seasoning, and the salt. Add milk and Welsh rarebit all at once. Cook and stir till mixture thickens and bubbles. Add meatballs and vegetables. Continue cooking, stirring frequently, for 15 minutes. Meanwhile, in mixing bowl, combine biscuit mix, remaining taco seasoning, and water; stir till dough clings to spoon. Turn out onto surface dusted with additional biscuit mix; knead 5 to 6 times. Roll out into 7-inch circle. Cut into 6 wedges. Turn bubbly meatball mixture into 2-quart casserole. Top with biscuit wedges. Bake in 425° oven for 15 minutes or till biscuits are done. Makes 6 servings.

SPICY MEATBALL SANDWICHES

Zesty sandwich with real flavor authority—

1 clove garlic, crushed
1 tablespoon butter or margarine
½ cup catsup
⅓ cup chili sauce
2 tablespoons brown sugar
1 tablespoon worcestershire sauce
1 tablespoon prepared mustard
1 teaspoon celery seed
¼ teaspoon salt
Few drops bottled hot pepper sauce
3 thin slices lemon
⅓ recipe (24) frozen Basic Oven Meatballs
6 hard rolls or frankfurter buns, split and toasted
1 onion, sliced and separated into rings

In medium saucepan, cook in butter or margarine for minutes. Stir in catsup, sauce, brown sugar, wor shire sauce, mustard, celery salt, pepper sauce, and slices. Bring to boiling. Ad zen meatballs. Cover and over medium heat for 20 mi stirring occasionally, or til ed through. Remove lemon Serve meatballs on rolls. To onion rings. Makes 6 sandw

STROGANOFF MEATBALLS

The creamy-rich sauce meatballs company special—

1 can condensed cream of m room soup
¾ cup milk
1 3-ounce package cream c softened
2 tablespoons catsup
¼ teaspoon dried thyme, cru
⅛ teaspoon garlic powder
⅓ recipe (24) frozen Basic C Meatballs
½ cup dairy sour cream
8 ounces medium noodles, c and drained
Snipped parsley

In large saucepan, combine and milk; add cheese, c thyme, and garlic. Cook a over low heat till blended. frozen meatballs. Simmer ered, till meatballs are thaw to 20 minutes, stirring occas ly. Stir moderate amount sauce into sour cream; ret saucepan. Heat through b not boil. Serve over nc Sprinkle with parsley. Ma to 6 servings.

ORIENTAL MEATBALLS

Delicious served over rice, t

3 teaspoons instant beef bouilion granules
2 cups boiling water
⅓ recipe (24) frozen Basic Oven Meatballs
1 6-ounce package frozen C pea pods
½ cup sliced water chestnut
¼ cup sliced green onion
3 tablespoons soy sauce
3 tablespoons cornstarch
⅓ cup cold water
2 medium tomatoes, cut in ei
Chow mein noodles

In saucepan, dissolve bo granules in the 2 cups boilin ter. Add meatballs. Simme ered, over low heat till mea are thawed, about 20 mi stirring occasionally. Stir pods, water chestnuts, onion, and soy sauce. Retu boiling, breaking up pea with a fork. Thoroughly cornstarch and the ⅓ cu water; stir into meatball mi Cook, stirring constantly, til ture thickens and bubbles tomato wedges; heat thr Serve over warmed chow

Makes 6 servings.



PAGHETTI AND LLS

e family will go for this e meal—

ce cans tomatoes, cut up
e can tomato paste
ter
y red wine
opped onion
opped green pepper
rlic, minced
ns sugar
n salt
n dried oregano, crushed
on chili powder

• •

(24) frozen Basic eatballs
d spaghetti
rmesan cheese

oven, combine toma- ato paste, water, wine, en pepper, garlic, sugar, ano, and chili powder; boiling. Add frozen . Boil gently, uncovered, nutes, stirring occasion- e over spaghetti; pass rmesan cheese. Makes ings.



Y MEATBALLS

recipe in mind for buffet—

edded carrot
pped celery
pped onion
ons butter or margarine
ice cans beef broth
gundy

continued

The Versatronic® oven system gives you the flexibility of cooking with conventional electric heat, extra fast with microwave energy, plus both ways at the same time for speed and browning.

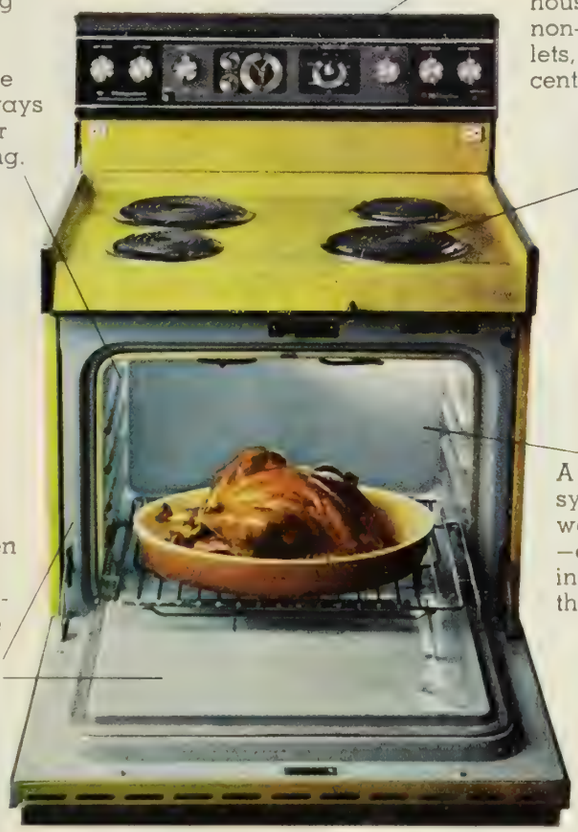
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Calrod® surface units are designed to distribute heat evenly and respond fast when you turn them on, off, or change temperature. And they simply unplug for easy rangetop cleaning.

Sample cooking times: You can roast a 15 pound turkey in less than 2 hours. Do a beef casserole in 16 minutes. Bake and brown an apple pie in 16 minutes. Or bake a potato in 9.

A pyrolytic self-cleaning system cleans oven walls, floor, door, racks —every part of the oven interior electrically. And the oven is a full 22" wide.

The self-cleaning oven uses less energy during baking and roasting than comparable non self-cleaning models. The reason: added insulation.



Model RE747

The Hotpoint triple oven. The microwave oven that lets you cook three ways.



Every Hotpoint appliance is backed by a nationwide service organization. We call it Customer Care... Everywhere™. It means fast, dependable service coast to coast. And that's a promise.



Hotpoint
A QUALITY PRODUCT OF GENERAL ELECTRIC COMPANY

Keep Track of Important Family Data





What My Family Should Know
Contains pages to record all vital information on your insurance policies, real estate holdings, investments, social security, bank accounts—what you own, who to contact. Measures 8″x4⅞″; 64 pages. Durable; ring bound to fold flat for easy use. Order two: one for your safe deposit box, one for home.
No. 13916, $1.50 each; 2 for $2.50

Household Inventory Book
Keep inventory records easily and accurately. You can itemize room by room, cost by cost in this notebook—an excellent method of recording your personal possessions for insurance purposes. Measures 9″x4¼″ spiral bound—fits perfectly into your safe deposit box. Order another for updating at home.
No. 13914, $1.75 each; 2 for $3.00

How To Order

Specify "What My Family Should Know" or "Household Inventory Book" or both. State the quantity you desire and price. Please include postage and handling ($.25 for one or two, $.50 for 3 or more). Send order and remittance to:

Better Homes and Gardens, Dept. 2JK, Box 374
Des Moines, Iowa 50336

Build This Compact Sewing Center

If someone in your family likes to sew and you can't spare a room, here's the solution. Hide all those bits and pieces, and the machine, with this compact unit. Table is hinged to the unit so it won't walk away while you're sewing. Closed up to conceal the machine, unit is 60″ wide, 42″ high for stand-up cutting, and 24″ deep to accommodate folded 48″ fabric. There are 4 generous drawers for storage of patterns, thread, etc. Plan No. 3810-1 $2.00 plus 50¢ postage.







BETTER HOMES AND GARDENS
DEPT. 2JL, BOX 374
DES MOINES, IOWA 50336

☐ Please send me Sewing Center Plan No. 3810-1. I am enclosing $2 for the plan plus 50¢ postage and handling.

☐ Please send me 48-page catalog full of project plans and 50-page booklet of handyman tips. No. 04221; $1.00

Total amount enclosed $_____

Name_____

Address_____

City_____

State_____ Zip_____

continued

27 great food ideas from 4 basic recipes

⅓ recipe (24) frozen Basic Oven Meatballs
1 9-ounce package frozen artichoke hearts
½ cup sliced fresh mushrooms
4 tablespoons cornstarch
1 teaspoon sugar
Hot cooked rice

In 2-quart saucepan, cook carrot, celery, and onion in butter or margarine till tender but not brown. Reserve ½ cup broth. Stir remaining broth and burgundy into vegetable mixture. Stir in frozen meatballs. Cook, covered, over medium heat 10 minutes, stirring occasionally. Add artichoke hearts. Cook, covered, 10 minutes more, stirring occasionally. Add mushrooms. Combine cornstarch, sugar, and reserved broth. Stir into meatball mixture. Cook quickly, stirring constantly, till mixture thickens and bubbles. Serve over rice. Garnish with carrot curls, if desired. Makes 6 servings.



SAUERBRATEN MEATBALLS
Easy takeoff on the classic—

2 cups water
1 cup unsweetened pineapple juice
2 beef bouillon cubes
½ cup coarsely crushed gingersnaps (8 cookies)
⅓ cup packed brown sugar
¼ cup raisins
2 tablespoons lemon juice
⅓ recipe (24) frozen Basic Oven Meatballs
Hot cooked rice

In saucepan, bring water, pineapple juice, and bouillon cubes to boiling. Add gingersnap crumbs, brown sugar, raisins, and lemon juice; cook and stir till gingersnap crumbs are almost dissolved. Add frozen meatballs. Cover and simmer till meatballs are thawed, about 20 minutes, stirring occasionally. Serve over hot cooked rice. Makes 4 to 6 servings.

Start with Stewed Chicken. A
the following recipes are base
Six-way Chicken Base, recip
page 94. When the recipe
for 1 quart frozen Six-way Ch
en Base, use the containe
mixed chicken and broth fro
basic recipe. When the r
calls for Six-way Chicken
Broth, use the containers
broth and no chicken meat.

BRUNSWICK STEW
Serve with hot corn bread—

1 quart frozen Six-way Chicke Base
1 pint frozen Six-way Chicken Base broth
1 10-ounce package frozen cut okra
1 10-ounce package frozen b lima beans
1 16-ounce can tomatoes, cu
2 cups diced pared potatoes
½ cup chopped onion
1½ teaspoons salt
½ teaspoon dried marjoram, crushed
½ teaspoon dried rosemary, crushed
1 bay leaf
¼ teaspoon pepper

Place frozen Chicken
frozen broth, okra, and lim
Dutch oven. Drain tomato
into Dutch oven. Cover and
over medium heat till mixt
thawed, about 15 to 20 mi
Add tomatoes, potatoes,
salt, marjoram, rosemary
leaf, and pepper to chicken
ture. Bring to boiling. Cove
simmer for 15 to 20 minu
till potatoes are tender. Re
bay leaf before serving.
8 to 10 servings.

CLUB CHICKEN CASSEROL
Serve at your next luncheon

1 quart frozen Six-way Chick Base
½ cup water

• • •

⅔ cup long-grain rice
3 tablespoons butter or marg
3 tablespoons all-purpose flo
1½ teaspoons salt
1 14½-ounce can (1⅔ cups evaporated milk
1 10-ounce package frozen chopped broccoli, cooked and drained
1 3-ounce can sliced mushr drained
¼ cup toasted slivered almo

In heavy saucepan, place
Chicken Base and water.
and cook over medium h
thawed, about 20 minute
move chicken meat from
and set aside. Cook rice
chicken broth according t
age directions. In another
pan, melt butter or mar
Stir in flour and salt. Add
rated milk; cool and stir t
ture thickens and bubbles.
rice, chicken, broccoli, and
rooms. Turn into 10x6

lish. Bake in 350° oven
35 minutes or till heated
Top with toasted al-
Garnish with red grape
and parsley, if desired.
servings.

CHICKEN PIE

or-packed potato topper purchased herb-seasoned nix—

ozen Six-way Chicken

ilk
iopped onion
oons butter or margarine
oons all-purpose flour
on salt
ry sour cream
ce package frozen peas
rrots, cooked and drained
iopped pimiento
• •
l instant mashed potatoes
h for 4 servings)
k
egg
b-seasoned stuffing mix

y saucepan, combine
hicken Base and the ½
. Cover and cook over
heat till thawed, about
es. In another saucepan,
on in butter or margarine
r but not brown. Blend
and salt. Add chicken
Cook, stirring constant-
xture thickens and bub-
ove from heat; blend in
m. Stir in peas and car-
pimiento. Turn into
-inch baking dish. Bake
oven for 15 minutes or
y. Prepare mashed po-
cording to package di-
xcept use the 1 cup milk
f the amount called for
ge. Beat in egg. Fold in
ix. (Potato mixture will
et). Drop by spoonfuls
bly chicken mixture.
with paprika. Continue
r 5 to 8 minutes more.
ervings.

DECKER CHICKEN

salad with an array of relishes—

zen Six-way Chicken

unflavored gelatin
d water
inces) cream-style
cheese with chives
ry sour cream
yonnaise or salad
on lemon juice
n salt
• •
s unflavored gelatin
d water
ce can condensed
oup
on lemon juice
n salt
package cream cheese,

softened
• • •
¼ cup shredded carrot
¼ cup finely chopped celery
¼ cup finely chopped green
pepper
Leaf lettuce

In heavy saucepan, heat frozen Chicken Base, covered, over low heat till thawed, about 25 minutes, stirring occasionally. Strain, reserving the broth and chicken; set both aside. Cut chicken into small cubes. In small saucepan,

continued on page 123

Why isn't every canned dog food government inspected?

And why is Ken-L Ration the only leading one that is?

Here's important information about the foods your dog eats.



You may be surprised to learn that most dog foods are not government inspected. But the fact is, government inspection of dog foods is not mandatory.

Actually, it's hard to get. Because to get government inspection, you've got to meet U.S. Department of Agriculture standards. That takes time and effort. So, no leading canned dog food does it. Except Ken-L Ration. Here's what that means to you and your dog.

Government inspection assures you of wholesome ingredients.

The very same suppliers who provide your butcher with government-inspected beef for your table supply Ken-L Ration with meat by-products.

The grains we use to give your dog balanced nutrition are approved by government inspectors.

In fact, every ingredient we use in making Ken-L Ration canned dog food is U.S.D.A. approved. Finally, every step in preparation and canning must meet the most rigid standards of cleanliness and hygiene before we can earn the government seal.

Packed Under Continuous Inspection of U.S. Dept. of Agr.

Do higher standards mean higher prices? No!

The government seal is your priceless assurance of wholesomeness. Yet Ken-L Ration actually is lower priced than the other leading canned dog foods. About 30% lower. That means you can save about 20¢ a day feeding your dog Ken-L Ration, rather than Alpo, for example. And *that* adds up to about $70.00 a year.



And what you get is the nutritional formula that veterinarians overwhelmingly prefer.

What vets say about Ken-L Ration nutrition.

Ken-L Ration is a balanced blend of meat and grain ingredients. In a national survey of 500 veterinarians, balanced meat-and-grain formulas were preferred 3 to 1 over all-meat diets. Those expressing a brand preference chose Ken-L Ration 10 to 1 over all-meat Alpo.

U.S. Government Inspected Ken-L Ration. Doesn't it deserve your inspection? And doesn't your dog deserve its goodness?

Ken-L Ration:

The only leading canned dog food government inspected for wholesomeness.

Why Fisher-Price built the Play Family Castle.

We believe every childhood needs at least one dragon, one knight in shining armor, a king and queen, a prince and princess, a brave woodsman, a royal coach, a secret passage, a trap door, a dungeon, a drawbridge and a moat.



And that's how we came to build our Play Family Castle.

A lovely place for once-upon-a-time to begin.

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Gordon G. Greer

What to see and do in CANADA'S GREAT CITIES

Most Americans, when they contemplate Canadian vacation, see visions of a back- nature escape from urban settings. They am of a fish-thick lake with the cry of a n floating across it, or of cool evenings und a campfire in a remote primeval for- or maybe of lifting a tent flap shortly r daybreak somewhere in Canada's su- b system of national parks and feasting r eyes on the mist-softened splendor of ntains that suggest an organ concert n physical form.

These are fine dreams, and they're being ized by more Americans each year; in 3 over 37 million of us ventured across border between the United States and ada, with the predicted total this year ing 40 million. But to assume that Can- 's wilds are her *only* appeal is to ignore e of the most stimulating cities on this tinent.

Don't think for a minute that because r home is in Detroit, say, you're suffi- tly familiar with metropolitan living that couver or Halifax, for example, won't rise you. In many ways, Canada's cities very different from our own, and as often ot for the better—partly, one likes nink, because they've learned n our mistakes. They're hectic, less threatening, expensive in most nces, friendlier. ner, and of se they have a foreign tang. Particularly in places like Montréal and Québec City, where the majority of the population speaks nothing except French, visitors from the States discover a delightfully new environment.

And since Canada's cities are also on a smaller scale than ours—only three have larger populations than Toledo—you can thoroughly explore them on a two- or three-day visit. You could either take a weekend excursion from home—nearly all Canadian cities lie close to the American border, and money-conserving weekend package plans are widely available—or schedule a stopover en route to the wilderness farther north during the course of a lengthier holiday.

A few months from now . . . well, above the 49th parallel midwinter temperatures are inclined to be cold; downright frigid, to be honest about it. But before then comes autumn, the nicest season of the year there. The crisp air and fall foliage will remind you of New England's, and in the cities you'll discern that renewal of excitement that always attends summer's end.

This article can serve as a guide to the most prominent points of interest in five Canadian cities especially inviting to tourists—Vancouver on the West Coast, Halifax on the East, and Toronto, Montréal, and Québec City in between. Behind suggestions of things to see and do lies the assumption that you're on your first visit.



VANCOUVER



Nestled snugly beside a glorious, boat-brightened harbor and watched over by the towering, snowcapped Coast Mountains, Vancouver is quite simply the prettiest city in North America, and don't let San Franciscans tell you otherwise. Nor is natural beauty the only thing Vancouver has going for it. Its populace is friendly, its weather benign, its pace energetic but a far cry from frantic, its gardens and lawns all meticulously groomed, its proximity to the wilderness a sportsman's delight, and its downtown, which had gotten a bit frayed at the edges, newly revitalized. A long stretch of Granville Street, the main drag for shopping, has been closed to automobiles and made a broad, treelined mall. Granville Square, situated where the street meets the water, is now an attractive modern plaza with the city's best low-level view of the matchless setting: the harbor, the docks, North Vancouver across the water, and the mountains that come almost to the city limits, a scenic convenience for skiers.

The formerly decrepit neighborhood just east of Granville Square, handsomely restored now, is still known as Gastown—after "Gassy Jack" Deighton, a saloon owner here in the city's boisterous era 100 years ago. Brick paving, electric "gas" lights, and colorful street musicians contribute to Gastown's special allure. Its intriguing old buildings and its charming mews and courtyards have become the repository for antique stores, boutiques, arts and crafts shops, lively nightclubs, and good restaurants with something different by way of atmosphere. The waiters wear hooded robes at Brother Jon's, for example, in keeping with the notion that you're dining in a monastery. And at the Old Spaghetti Factory you can eat inside a trolley car. Or at the Rail Car you can dine on board a train.

Besides those in Gastown, there are other fine eating spots. The Wharf serves super seafood in a remodeled old stern-wheeler. The Quarry House, in lovely Queen Elizabeth Park, provides a view of Vancouver that is just as pleasing as its food. And all the good hotels have good dining rooms, too—like Trader Vic's at the Bayshore Inn, and the Timber Club at the Hotel Vancouver, and Cloud 9, which revolves atop the new Sheraton-Landmark, now the city's loftiest building. But for a *really* stunning view, the hands-down winner is the Grouse Nest. You get there by crossing the Lions Gate Bridge (every bit as graceful as San Francisco's Golden Gate) and taking the six-minute journey up the Grouse Mountain Skyride. T view of Vancouver lighting up after sun will stay with you for years.

And parks. Could any city ever mat Vancouver's parks? In one full day y might sample them hastily, but allotti twice that long is recommended. Undou edly, you'll want to linger at Queen Eliz beth Park—first of all to marvel at its ro quarry garden, the finest in Vancouv which is no small distinction, and then see the tropical plants at Bloedel Conserv tory, thriving beneath a triodetic dom Next you might spend a couple hours Vanier Park, where there's a Maritime M seum, a Centennial Museum, and the H. MacMillan Planetarium. Then you co drive west along the edge of English B past Kitsilano Beach and Jericho Bea to Marine Drive Foreshore Park and its i pressive sea views. When you reach the U versity of British Columbia campus, you c examine the carvings at Totem Pole P and pay a visit to the Nitobe Memorial J anese Gardens.

Stanley Park, on a 1,000-acre penins downtown, is worth a full day by itself. N Yorkers often expect a Canadian version Central Park, but the similarities are ac ally few. The flavor of Stanley Park is t rustic, in places primitive; narrow dirt pa lead through seemingly topless pines to qu little duck-dotted lakes. The way to see park is on foot or by bike (there are sev handy rental shops), and the time begin is in the early morning hours, wh gaggles of ring-necked geese are ster honking the day awake. Your discover will range from a cluster of authentic tot poles to acre upon acre of gorgeous r gardens. Stop and see the wh show at the Vancouver Aqu ium or drop in on a cri et match if one is sch uled at the Brock Oval. And try allow time take the p along seawall.



MONTRÉAL

Montréal, city of piquant Gallic charm. of horse-drawn *calèches* on cobblestone ets. City of subterranean shopping malls green, hilltop parks. City of church es. City of restaurants. City of Expo and next Olympics.

he hub of activity is the Place Ville-ie, whose cruciform tower, adjoining a d, airy plaza with gaily splashing foun-s and outdoor cafés, is the city's most minent landmark. This neighborhood es visitors as a good base of operations, aining several superior hotels. Three he classiest choices are Le Château mplain, a modern scalloped tower near foot of Dominion Square; the Queen abeth, which Hilton operates with con-rable elegance for Canadian National; the rooftop Bonaventure, whose out-pool and patio look out upon the city a height of 15 stories.

his trio, besides providing a full spec-of amenities, including some of the best restaurants and supper clubs—Le eau Champlain's Caf' Conc', for ex-e, and La Salle Bonaventure, which en-s the Queen Elizabeth—is immediately ected with underground Montréal, a omenon that intrigues most American sts because there's nothing quite like it home. Here, smack dab beneath the of a major city—Canada's largest, of well over two million people—is a e other world, free of weather and cars, hundreds of stylish stores and bou-s, pleasant little restaurants, cinemas, s, a unique city unto itself. The two st clusters of underground shops, Place Marie and Place Bonaventure, are d to each other by a pedestrian pas-and a third cluster, Place Vic-is less than a minute re-d by subway—or , as this remark-clean and quiet portation sys-s called in éal. The is made f you were to come here during a spot of foul weather—and Montréal's winters won't remind you of Miami's—you could spend your whole vacation in the underground city, never touch a snowflake, never need a coat, and probably have a marvelous time.

But what a pity it would be to miss aboveground Montréal and its wealth of attractive things to see and do. A good starting point is the Chalet Lookout atop Mont Royal Park, which rises serenely from the middle of town and offers a stunning view of Montréal and the St. Lawrence, the whole metropolis spread below you like a giant-scale map by which you can plot your stay. You'll want to visit that island to the east, for example, whose 20-story geodesic dome is clearly visible; that's Ile Sainte-Hélène, scene of Expo '67. More than two dozen pavilions from the fair are still open (only from mid-June until Labor Day, however), a permanent epilogue to Expo called Man and His World.

Directly on a line with Ile Sainte-Hélène but on this side of the river, tucked snugly along the waterfront, is the site of the original settlement, Old Montréal, ideally explored on foot. Notre-Dame Church is a mandatory stop here, a Gothic Revival treasure that can seat 5,000 people, and the so-called "sailors' chapel," Notre-Dame de Bonsecours, also deserves dropping in on. Place Jacques-Cartier, lined with beautifully restored buildings, provides a street scene somewhat similar to that of New York's Greenwich Village: zingy shops and little restaurants and flocks of long-haired youths sprawled lazily on sidewalk benches.

About halfway between Mont Royal Park and Old Montréal, in the center of a $100 million urban renewal project, stands the modern Place des Arts, a three-theater complex for which you should set aside at least one evening. Stage plays are presented in the Théâtre Port-Royal, music (both classical and pop) in the Salle Wilfrid-Pelletier, and a little bit of each, plus an occasional exposition, in the Théâtre Maisonneauve.

Other evenings could be wisely invested in a visit to Jarry Park, where the Expos play the only big league baseball in Canada, or in exploring the funky neighborhood near the foot of Mont Royal just west of the business district. Crescent Street south of Sherbrooke, near the Museum of Fine Arts, is an especially colorful hodgepodge of bistros and boutiques, discotheques and restaurants, antique shops and pubs.

As for food, the entire city fairly wallows in fine restaurants. About 300—out of a total of 5,000 in Montréal—are recognized by critics as meeting the highest gourmet standards. What's more, this imposing number will undoubtedly increase as the city spruces up for the summer Olympics two years hence. A new stadium will also be erected for that occasion, plus a velodrome for cycling and an Olympic rowing basin—all part of planned expenditures of perhaps a quarter billion dollars for permanent installations to grace the city.



QUÉBEC



For Americans seeking the experience of a European holiday but reluctant to underwrite a journey overseas, Québec City offers a true slice of France close to home. Its ambience is French, its heritage is French, its stage plays, movies, and daily newspapers are all in French, and only one television channel and one radio station broadcast programs in English. But as in Europe, most people who deal with tourists are bilingual —desk clerks, waiters, taxi drivers, tour guides—so you needn't speak the language to get along, although it helps.

The old part of the city is surrounded by walls—it's the only walled city north of Mexico, in fact—and deserves at least one day of poking around in. Old buildings resonant with history line graceful, narrow streets, creating an aura of mellow romance. You can explore this section conveniently by several means: tour bus, *calèche* (a picturesque, horse-drawn buggy), chauffeured antique car, or on foot. Walking is considered the optimum choice because distances are short and you can set your own pace, pausing whenever something strikes your fancy —one of the city's many splendid old churches, for example, or the sidewalk artists on the Rue du Trésor, or the shops along the Côte de la Fabrique. The changing of the guard at the huge, historic Citadel (daily at 10 a.m. unless bad weather intervenes) is included on many tourists' "must-see" list, and you should also spend some time in Place Royale in the Lower Town—as distinct from the rest of the city, or Upper Town, high on the cliffs. Place Royale, an ambitious and unfinished restoration of 17th- and 18th-century buildings near the waterfront, now contains some of Québec City's best restaurants, its finest wine cellar (Maison des Vins, where you can stock up on good vintages at reasonable prices), Notre-Dame-des-Victoires chapel, erected in 1688, and a growing assortment of galleries, souvenir shops (inevitably), and pub-like establishments known locally as brasseries.

The highlight of any walking tour is the awesome panorama from the Terrasse Dufferin and the Promenade des Gouverneurs, a wooden pedestrian path that links the Château Frontenac with the Plains of Abraham (now Battlefields Park), where both the French general, Montcalm, and the English general, Wolfe, were fatally wounded in the 20-minute battle that gave permanent occupation of Québec to the British in 1759. The view includes ships and sailboats on the St. Lawrence River, the city of Lévis on the opposite shore, and in the background the snow-topped Laurentians.

Beyond the city walls, you can take a conducted tour of Parliament, attend a concert or play (in French, remember) at the Grand Théâtre, or get a car and admire the fashionable residences along Boulevard Laurier on a drive out to Laval University's lovely campus. Another nice auto excursion is across the bridge to Ile d'Orléans. The view of Québec City from the bridge is s… ply stunning and the island is a rustic su… mer retreat favored by artists and craftsm… L'Atre and the Old Mill, the latter situa… by a waterfall, are charming places to …

The array of fine restaurants in Qué… City itself is one of the main reasons it … tracts so many visitors. The best spots t… to be small (make reservations), and … prices are much lower than in Montréal, … instance, although the food is just as go… Part of the fun is discovering your own … vorite place, but to get started you might … La Traite du Roy, in the Place Royale; A… Anciens Canadiens, for authentic regio… dishes; Negroni, for French and Italian fo… Café de l'Estoc, if you like open-air din… Le Trianon, which some gourmets rate… the city's best restaurant (also probably … most expensive); Le Toit de Québec, a… the new Québec Hilton, if only for the sp… tacular 23rd-floor view; or the even new… 29th-story revolving restaurant that cro… Le Concorde, an architecturally arres… Loews hotel that just opened near Ba… fields Park.

Competing energetically for big c… vention business, Québec City has doub… its number of hotel rooms in just the las… months. Besides the Hilton and Le C… corde, a new Auberge des Gouverneur… scheduled to open later this fall, and ano… Holiday Inn and a new Quality Court h… recently sprung up in the suburbs.

But despite these gleaming newcom… *the* hotel in Québec City is still the Châ… Frontenac, whose towering turreted, gr… roofed elegance serves as the city's n… prominent landmark. Its location is perf… its restaurant superb, its piano loun… focal point of local entertainm… and its style . . . well, … many other hotels s… afternoon tea to the … cet strains of ch… ber music … formed by … ensemble … costu… and w…



TORONTO

er years of being dismissed as Montréal's b kid sister, Toronto has turned the ta- s and blossomed into maturity as the ekest, most vivacious metropolis in Can- and the fastest growing city in North erica. The proud symbol of this emer- ce is the graceful CN Tower (CN stand- for Canadian National), scheduled for npletion sometime next spring as the ld's tallest self-supporting structure— 05 feet to the tip of its antenna, or nearly ce as high as the Eiffel Tower in Paris. A en-story "spy-pod" about two-thirds of way up, containing the highest and larg- evolving restaurant in the world and two ervation decks with 75-mile views oss Lake Ontario and beyond Niagara s), is expected to make the CN Tower a ld-class tourist draw, with an anticipated million visitors each year.

he tower is the first structure to be built Metro Centre, a 190-acre redevelopment ect that over the course of the next 15 s or so will become Toronto's new ntown core—between the present busi- district and the waterfront. Landscaped ces and a large reflecting pool will give tower a parklike setting, and pedestrian ways and bridges will link it to restau- s, shops, and boutiques. Other elements hase I of the construction of Metro Cen- —which at a predicted total of a cool $1 on is the largest such project ever under- n on this continent—include a 1,500- residential community, a relocated civic sportation terminal, a large convention er, and a new home for the Toronto phony.

ut the city's newfound elegance restricted to Metro Centre; you'll hysical manifestations of it all town. City Hall, for ex- e, is an architectural tri- h: two lofty half- n towers enfold- a delicate d amphi- er where- ne city cil meets. And adjoining it is the pleasant openness of Nathan Phillips Square, whose arch-adorned reflecting pool, the scene of summer concerts, becomes a free public skating rink in winter.

Ontario Place is another intriguingly modern point of interest. Built partly on man-made islands and partly on stilts above the water, it's an entertainment complex whose 96 acres are interlaced with a system of canals and lagoons that you can pleasantly tour by boat—on a 33-passenger canal boat if you just want to look, or by pedal boat if you want to be your own pilot. The complex includes an 8,000-seat open-air Forum where concerts are held during warm-weather months—everything from opera to folk music to jazz—a Children's Village playground, picnic areas, a marina, a pavilion with dramatic multi-media exhibits, about 20 attractive restaurants, a slew of chic boutiques, and the visually arresting, six-story Cinesphere theater where a technically advanced process of motion picture projection makes the audience feel a part of the action.

Another new, gleaming delight you shouldn't miss is the Ontario Science Centre. It consists of three buildings in a nicely wooded setting where visitors can discover science through experiments. You can let static electricity make your hair stand straight up, or match your wits against a computer in a game of ticktacktoe, or guide a mockup of a lunar module to a landing on the moon, or freeze your shadow on the wall and walk away from it—yes, really.

Toronto's cultural life also unfolds in modern settings—most notably O'Keefe Centre and the St. Lawrence Centre for the Arts—and architectural innovation marks many of its best hotels. The Four Seasons Sheraton, across from City Hall, for instance, has a waterfall in the lobby and a two-acre patio, plus superlative views of the city from its Pinnacle Restaurant.

You'd be wrong to assume, however, that this surge of modernity has elbowed out everything else. One of Toronto's most endearing characteristics, in fact, is its determination to protect against the headlong rush of progress whatever merits keeping unchanged. Its electric streetcars, for example, nostalgically persevere. In Queen's Park, the massive brownstone that for the past 80 years has served as the legislative chamber for members of Ontario's Provincial Parliament still stands sturdily intact and unaltered. So does Casa Loma, the old fairy-tale castle whose hidden stairways and secret passages visitors have enjoyed exploring for decades. And when you go out to Toronto Islands on a ten-minute ferry ride (with matchless views of the skyline en route), you'll rejoice to discover that their charm is unspoiled. Embracing 612 acres of parkland, the islands offer facilities for boating, swimming, and tennis, plus bicycles you can rent in order to see it all.



HALIFAX

For the thousands of G.I.s who remember it from the war years, when it was the premier staging area for convoys to Europe, its harbor as thick with ships as the English Channel on D-Day, Halifax may linger as an unhappy image, an overcrowded, slum-ridden scene of rough times. But go back today and you'll find it vastly different. The weather has naturally remained unaltered ("Come up and see us if you can find us in the fog," the locals joke), and the lovely old churches and the Victorian homes, but today the seediest section of the 1940s city is the raw material for a major redevelopment project; already finished is the city's best shopping place, a two-level mall called Scotia Square, with about 100 stylish stores adjoining the new Chateau Halifax hotel.

The harbor is still busy, but with sailboats rather than minesweepers, fishing trawlers where once there was a monopoly of warships, and huge container cargo vessels that can be loaded in eight hours now at piers where whole divisions of American and Canadian troops were crammed aboard the converted *Queen Mary* and *Queen Elizabeth* for those cold, perilous crossings of the Atlantic.

On one of the afternoon cruises that begin at North West Arm (or on the 15-minute ferry ride between Halifax and Dartmouth if you can't spare the two and a half hours for a cruise), you can enjoy a pleasant outing on this wide, historic harbor. Besides being the staging area for World War II convoys, it was the scene of a collision in 1917 involving a munitions ship that blew up and leveled a big part of the city, leaving 2,000 dead, over 5,000 injured, and another 10,000 homeless—the most destructive explosion known to man until the atomic bomb was dropped on Hiroshima.

It's a misty, moody city whose many graveyards and burial grounds impart mute stories of disaster. Some of the passengers from the *Titanic* lie together in one cemetery. Another holds victims of the 1917 tragedy whose bodies were destroyed beyond identification. And in old St. Paul's cemetery, where all the markers are askew, as if bowed by endless years of grief, a notice informs visitors that some of the bodies there were disinterred and scalped by the Indians.

Yet at the same time the city is essentially serene. From the Citadel that dominates the center of town (the Old Town Clock near its wall is a local landmark) not one shot has ever been fired in anger. Tourists go there today to see the cannon fired at noontime or to visit the three modest museums on the grounds or to photograph the changing of the guard on summer evenings.

The Citadel is also a good place to start a walking tour—first to see the churches and old buildings in the business district, then out South Park Street, which turns into Young Avenue and eventually takes you to Point Pleasant Park, the largest in the city, 186 wooded acres, where the harbor and North West Arm join. You'll want to pause along the way to see the delightful Public Gardens—its quaint little band stand is the scene of Sunday concerts—and to admi the charming houses that decorate Sou Park Street, Victorian amalgamations of tu rets and bay windows and ornate doorwa and little balconies and English chimne Halifax has a sufficiency of servicea hotels—the Nova Scotian, the Lord Nelso the new Chateau Halifax, and the even ne er Holiday Inn head the list—but you mig also enjoy staying in one of these Victori treasures on South Park Street, several which operate as guesthouses.

Another possibility is camping out. T 70-site Shubie Muncipal Campgrou across the harbor, just a few minutes fr Halifax over the MacDonald Bridge, off hiking trails, fishing, canoeing, and (co swimming, and serves also as a convenie base of operations for pleasant day-tou into the surrounding countryside.

Perhaps the nicest of these side trips is t drive to Peggy's Cove, a small gem of a s side village that, acre for acre, is probab Canada's most photographed community and no wonder. From the lighthouse th rises out of huge granite boulders to su mertime artists sketching fishing boats in t sun, its ingredients blend in absolute p fection. And the scenic drive from Halif is just 27 miles.

Two other outings, more ambitious b easily driven in one day, lead west and no out of Halifax. The first, along the So Shore on the well-marked Lightho Route, goes to Mahone Bay, a pretty li boat-building village, and Oak Island, wh you can hunt for Captain Kidd's buried tr sure. The other goes north on the Evangel Trail, named for the heroine of Longfello poem, to Grand Pré National Histo Park, site of the poignant expuls of the Acadians in 1755. T park has a museum of A dian relics and groves willows that, at leas the viewer's ima nation, still w over the l ers's tale.



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continued from page 38

How to cut costs

year. If your car is old, consider reducing or dropping comprehensive protection, since the cost may be too high in relation to the car's value. Also look at higher deductibles: the more expenses you're willing to pay out-of-pocket in case of damage, the less your premium—often by a good margin. Finally, you'll save a bit if you pay your premium once a year, rather than in several bites.

• *Take care of tires.* Maintaining proper air pressure may double the life of your tires, for example. You should check the tire yourself. Wear on both edges probably means underinflation; wear in the middle could indicate too much air. Also make sure the tires are aligned properly. To spot misalignment troubles, look for wear on one edge of the tire.

When replacing worn tires, consider purchasing a set of steel-belted radial ply tires. They'll probably last more than twice as long as conventional bias ply tires, but don't cost anywhere near twice as much. As an added bonus, radials are much less susceptible to road hazards, so you shouldn't be faced with tire repair bills during their normal lifetime. And best of all, they're probably the safest tires your family could ride on.

• *Reduce operating expenses.* Follow the now-familiar suggestions about conserving gas: hold your speed down, combine shopping trips, and so forth. Also keep your car in good condition. And learn how to tune the car yourself. You could save $60 or so a year that way.

• *Reevaluate your need for more than one car.* Perhaps the cost of renting on those occasions when you need an additional vehicle will amount to much less than the cost of maintaining and insuring a second car.

• *Compare costs of public transportation with those of your auto—and make more use of the cheaper way.* Also think again about the benefits of walking and bike riding, as opposed to hopping into your car for short jaunts.

Income taxes

Your best recourse is to keep accurate records throughout the year. As canceled checks and bills come in, sort them according to itemizable deductions, such as medical payments and charity donations. Otherwise, you could lose track of some expenditures.

Under certain circumstances, you may be able to change your W-4 form at work so that less is deducted each month and more cash comes to you. That will mean a smaller tax rebate next April, but perhaps your monthly cash-flow problems are more important. Besides, you—instead of the government—will have the use of that extra money throughout the year.

If a youngster is working and earns less than $2,050, have him fill out a W-4E form with his employer so no federal income tax will be taken out of his check.

Real estate taxes

Don't take new assessments lying down. If you think your property has been overvalued in terms of similar property in the neighborhood, investigate ways to get the assessment lowered. The same goes for special levies for community improvements. Make sure you are paying only your fair share.

If you are retired, find out if your state or community provides any special relief for property taxes; it's a growing practice throughout the country.

Insurance

With any kind of insurance, paying premiums annually instead of monthly or quarterly will reduce costs somewhat. Similarly, higher deductibles—the amounts you pay out of pocket before the insurance takes over—on property and health insurance will lessen your premiums.

Use life insurance as the flexible tool it can be. Reevaluate the reasons you have bought certain policies, for example. Perhaps there is one you took out several years ago to protect your youngsters' college needs. It might be smart to borrow against that policy, now that tuition payments are at hand. Ask about decreasing term policies to cover the amounts outstanding on certain debts, such as your mortgage or your children's growing-up needs. And review your life insurance coverage with your agent on a regular basis. ■

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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West

A Tiburon sampler

There's a crooked finger of land jutting from Marin County into San Francisco Bay whose geographical attributes could add up to total confusion for travelers and mathematicians alike. Three islands and one peninsula equal two cities which generally go by one name: Tiburon.

Within its 13-mile circumference Tiburon offers a medley of contrasting experiences, contemporary and historic, urban and rural: the push of crowds on Main Street; the silence of a wildlife preserve; a nearby island reached by ferries skimming the choppy bay; a blossom-splashed bicycle path trailing a historic route to the heart of town.

Main Street, Tiburon's commercial heart, could also be suitably named Only Street. Before men began elaborating on nature with tons of fill, bay waters lapped both sides of Main, at that time the single pencil-thin connector between the peninsula and Corinthian Island. Now Main is backed by shop-strewn land that marries the former islands of Belvedere and Corinthian to Tiburon peninsula.

With its batten board and gingerbread-trimmed shops and restaurants, Main Street stands as the Bay Area's one-block answer to Provincetown, Cape Cod. Boutiques lining this brief macadam thread offer everything from fine apparel to imported tea. When appetite moves you, head for bayside cafes where dining out usually means in the open and over the bay. Locals traditionally gather on the back porch of Sam's Anchor Cafe to sip silver fizzes and watch sailboats challenging the wind-whipped waters. The nearby Swedish Bakery also offers outdoor facilities, while Tiburon Tommie's, the Dock, and Windjammer ply tasty food and vast bay-window views.

History buffs haven't far to go to explore skeletons of Tiburon's past. Walk to the east end of Main Street—212 steps from the *west* end of Main Street—and look around. The 1,280 pilings of the old ferry slip, a black-mantled ghost marching into the gray-green waters of Racoon Straits, will remind you of the days when the steam-driven behemoths plied bay waters at 13 miles per hour as one era's answer to rapid transit. Decrepit yellow buildings sprawling across flatlands at the head of Main stand in testimony to the 1884 coming of the North Pacific Coast Railroad—and life—to Tiburon. Until the completion of the Golden Gate Bridge in 1937 and the advent of bus service, ferries and trains transported commuters to and from San Francisco. One railroad repair shop now serves as retail outlet for bits and parts of dismantled ships; others house private businesses, and some stand boarded and empty.

The early-day population boom inspired land baron Dr. Benjamin Lyford and wife Hilarita to build the community's first church in 1888. Still standing on a nearby open knoll, St. Hilary's is a rare example of "Carpenter's Gothic." The Landmarks Society acquired the former Roman Catholic church in 1959 and converted it to a museum (free) and historical library. Exhibits include indigenous historical displays and works by local artists. The museum is open Sunday and Wednesday, 1-4, April through October. The four-acre plot surrounding St. Hilary's is a wil flower preserve and botanica garden, coloring slopes fro February to November with spe cies bright as the California pop py, rare as the Black Jewel flow er and Tiburon Paintbrus grown only in Tiburon.



St. Hilary's Church, a rare example of "Carpenter's Gothic," has bee converted by the Landmarks Society into a museum, historical librar and showplace for the works of local artists.



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Nature has sprinkled other distinctions on the peninsula. Richardson Bay Wildlife Sanctuary, 900 acres of trail and bridge-crossed tidelands and waters, shelters thousands of birds that flock here from mid-October to April. The sanctuary, just off Tiburon Boulevard, also embraces one of Tiburon's oldest and most noteworthy dwellings. Built in 1876, this handsome yellow Victorian house was uprooted from original foundations on Strawberry Point and barged across Richardson Bay to its present location. Since its 1959 renovation it has served as the caretaker's home and headquarters for the Audubon Society.

Tiburon Uplands, the stiff-ridged spine of the peninsula, offers superb panoramas plus another peek into the past. In 1775, Spanish explorers climbed these heights to fill oak casks with water from subterranean springs that still bubble. Access to the 18.5-acre hillside preserve is via a wood-beam stairway on the east peninsula—a vigorous climb.

The nearby and more easily accessible Paradise Beach County Park offers an ideal locale for bayside picnics and pier fishing.

Tiburon makes an especially delightful excursion for bicyclists. Railroad tracks, unused since 1967, were recently replaced by a 2.5-mile bike path. The course, winding along Richardson Bay then inland, starts near Greenwood Beach Road to top either at Main Street or, in the tradition of the trains, aboard a ferry. Bring your own bicycle —there are no rentals available.

There's a don't-miss companion piece for your Tiburon visit called Angel Island. Since 1775 this largest island in San Francisco Bay has served as cattle ranch, dueling spot, prison, army fort, quarantine station, and missile base. The island is now a state historical landmark and is open to visitors during the summer and on winter weekends and holidays. You cross Racoon Straits via the Angel Island Ferry ($1.75 for adults, 75 cents for children 6-12, under six free; it departs Tiburon's Main Street weekdays 10-4 on the hour, weekends every half hour 10-6). You can picnic and fish in Hospital Cove or hike or bicycle up any of three main trails to the island's 776-foot summit. The East Garrison, built as a rehabilitation hospital for soldiers from the Spanish American War, used through both World Wars, then abandoned in 1962, is now open to the public. The main island loop road leads a mile east and south of Ayala Cove ferry landing, where you will find remnants of the military complex and, to the north, Quarry Beach, a sandy wading spot.

Traffic tends to be congested in Tiburon on pleasant weekends, and a fun way to beat the irritation of stop-and-go is by taking the Tiburon ferry from San Francisco's Fisherman's Wharf (Pier 43½). Fare is $1.50 round trip, with children under five riding free. Bicycles are allowed on board free, on a space available basis. For schedule information, call 415/398-1141.

Tiburon has only one hostelry, Tiburon Lodge; doubles $20.

For further information, write the Tiburon Peninsula Chamber of Commerce, P.O. Box 563, Tiburon, California 94920, or to the State Office of Tourism, 1400 Tenth Street, Sacramento, California 95814. ■

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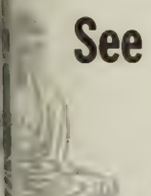
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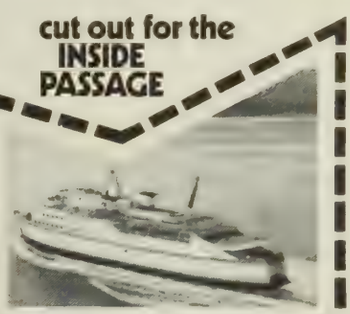
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A kitchen full of ideas

Every place you look in this kitchen you'll find ways to make cooking more efficient and enjoyable.

At the dining end of the kitchen, the two walls are covered with painted perforated hardboard and bedecked with a collection of cooking utensils. The panels are framed in 1x3s that are painted white. The window is also framed. That sturdy dining table is a secondhand store find that was bleached and then antiqued. The chairs were painted to match one of the colors in the perforated hardboard.

You never have to reach to the back of the cabinet in this kitchen. Everything, including cooking equipment and linens, comes right to you because there are drawers instead of shelves. A divided deep drawer is used to store baking pans and baking dishes. Knives and small tools used at the chopping counter are kept in smaller drawers. Sh for cook books are near the ing table which doubles as a ning center. The "wi shades" are really folded wallpaper, permanently attac

Food preparation equipm efficiently stored in the are tween the sink and refriger The often-wasted space bet lower and upper cabinets is to hold small appliances. Sh in the upper cabinet are sp for packaged items, while th tom two shelves are four i apart to store a variety of pings and plastic bags. Unde counter, a deep, compartm drawer makes saucepans lids easily available.

Just 15 inches of spac tween the closet door and d room door was enough for a unit to hold seasonings. A b board screwed to the do handy for family messages grocery lists.





Photographs: George de Gennaro







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(Above photograph is 2 times actual size.)

A kitchen with a five-year plan

A shortage of storage and eating space spearheaded a five-year remodeling plan for this tiny kitchen. Step by step, a snack counter was added, a divider wall converted to storage, and a compact storage cabinet fitted into a snug space.





Photographs: Harry Hartman. Source: Gabrielle Leubecker. Interior Designer: Wm. M. Adams

Save what you can—that's the sensible new way to remodel. And that's just the way this homeowner proceeded. Since the budget would only allow buying one major appliance, she chose a 30-inch compact refrigerator/freezer. Someday the stove will be replaced, but in the meantime, a nifty storage cabinet is wedged between the old and new appliances. It makes an ideal counter top for serving up food and storing a variety of pots and pans.

To squeeze the most storage space into this tiny kitchen, a divider wall was converted to a pass-through and storage cabinet. Base cabinets open toward the dining room to stow away place mats, large serving platters, candlesticks, and baskets. Upper cabinets face the kitchen work area and house mixing bowls, measuring cups, and spices.

When company comes to dinner and the homeowner wants to hide the dirty dishes between courses, she merely closes the folding door across the pass-through and shuts the louvered door to the kitchen.

The snack/work counter at the far end of the kitchen is square-cut, simply styled, and completely functional. Breakfasts on the run are expedited by an appliance strip above the bar for coffeepot, toaster, or waffle iron. During the school year, this counter serves as a convenient desk for homework.



Here are two towels that absorb more and faster than the leading brand.



That's right. Whether you choose the decorator prints of Chiffon Sun Fresh™ or the refreshing colors of Chiffon Spill-Mate,™ you'll be using a towel that tests prove absorbs more and faster than the leading brand.

And Chiffon stays strong... even when wet.

Try some today.

Chiffon Sun Fresh or Chiffon Spill-Mate. You can't lose.

Chiffon. And Chiffon.



New family room for an older house



Like most houses of its era, this one boasted lofty ceilings, handsome woodwork, and a floor plan top-heavy with bedrooms. But family rooms were unheard of when the house was built, so space for fun and relaxation never got beyond the living room. To fill the need, a spacious addition was stretched across the rear of the house, providing a comfortable transition between the stately interior and a backyard garden/pool area.



Photographs: Frank Lotz Miller. Architect: William M. Searles for Trade

The architect maintained the flavor of the original house by making the addition look like a one-time porch. Large windows and two pairs of French doors open up the entire rear wall and look out on a brick patio. Windowless walls at either end assure privacy in the close city neighborhood. A wide overhang at back teams with awnings to divert heavy rains from the doors.

Inside, generous proportions and a beamed cathedral ceiling give the new room a contemporary character—but the window trim, French doors, and a pair of antique fan/light fixtures relate it to the rest of the house. The sealed slate floor, impervious to swimmers' footprints, is virtually trouble-free.

Two doors (not pictured) provide access to the rest of the house —one door opening into the dining room and the other leading past a powder room and then into the kitchen. A big built-in at the end of the room holds guns, books, games, stereo equipment, and cue sticks for the family's pool table. Laying a top over the pool table converts it for table tennis or entertaining. Plants thrive on light from the expansive window area.



Great news for mothers of cavity-prone children!

Most children don't brush properly or often enough. That's why the dental scientists at Lever Brothers invented a new fluoride dentifrice called Aim®. If you have children, read on:

Most cavities happen between the ages of five and fifteen.

You're a conscientious parent. You make your children brush with fluoride toothpaste. You don't question fluoride's effectiveness.

But they still seem to get more cavities than they should. Why?

Could be your children have poor brushing habits. Could be they're also eating too many sweets. And they probably don't brush properly or often enough. Surveys show the average child brushes less than 30 seconds at a time. Shocking!

How new Aim encourages children to brush longer.

Dentists have long stressed that there's *no* better cavity prevention than brushing. Even a fluoride toothpaste can't do its best if a child brushes too briefly or too infrequently.



Children prefer Aim 2 to 1 over the leading fluoride pastes. Chances are, the better a child likes his toothpaste, the longer he'll brush.

That's why Lever scientists enhanced Aim's fluoride formula with flavoring compounds known to be especially appealing to children. The results were astounding.

In tests with 1,300 children, Aim was preferred 2 to 1 over the leading fluoride toothpastes. Chances are, the better a child likes his toothpaste, the more thoroughly he'll brush.

Why new Aim is a gel, not a paste.

The speed at which a toothpaste dissolves is called the "Dispersal Rate." Because Aim is a gel, not a paste, it has an exceptionally fast dispersal rate.



Aim's new clear blue gel formula spreads faster than paste.

This means when a child brushes with Aim, it spreads its good taste faster than paste in the normal brushing time.

Unique gel formula is low in abrasion.

In order to clean teeth, all toothpastes must be somewhat abrasive. That's how they keep teeth clean.

But many mothers are concerned about abrasion. So Lever scientists designed new Aim to be among the lowest in abrasion of all leading toothpastes.

Aim has stannous fluoride, the proven cavity-fighter.

A child in the cavity-prone years needs all the help you can give. Be sure his toothpaste contains an anti-cavity ingredient that's been established as effective by dental research.



Aim has the precise amount of stannous fluoride established as effective against decay.

Stannous fluoride has been researched more thoroughly than any other anti-cavity ingredient. Aim has the precise amount of stannous fluoride established as effective by dental authorities in reducing tooth decay.

Ask your dentist about Aim.

Add it up: A flavor to promote better brushing. A gel that disperses faster and is low in abrasion. The precise amount of stannous fluoride established as effective against decay.

Like any dentifrice, Aim can be of significant value only when used conscientiously in a program of good dental care and regular visits to your dentist.

If you have a cavity-prone child, ask your dentist about Aim.

Take Aim against cavities!



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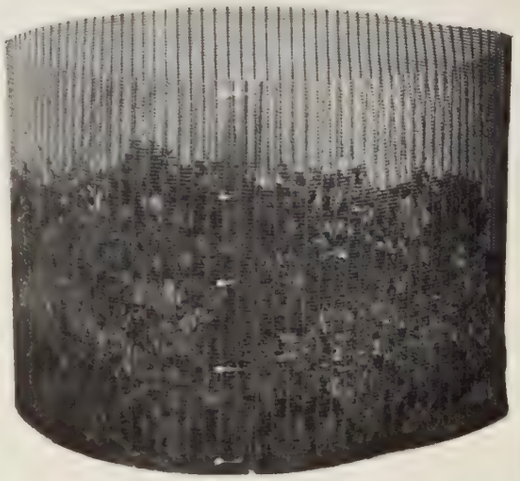


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No. 13916 $1.50 each; 2 for $2.50



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HOW TO ORDER

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- No. 13929 Galloping Horse $8.95 each; 2 for $16.90
- No. 04221 Catalog and Booklet $1.00
- No. 13925 Compost Bin $12.95
- No. 13926 Clean-Up Caddy $7.95

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   Box 374, Des Moines, Iowa 50336

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Almost dividers



Photograph: de Gennaro. Decorator: Stephen Rieman. Source: Pauline Graves

you want to semi-separate one area from the rest of the room, this. Deep scalloped valance and tieback draperies define ing area at one end of this living room and minimize slant of ceiling. Valance hangs from 1x3s secured to ceiling, while peries are installed in a track fastened to a 2x8 beam ex- ding the width of the room. Toward the living room, valance draperies are gold with cerise accents. On the reverse side, h are cerise.



You can enjoy the luxury of a sitting room-dressing area right off your bedroom. Suggest a division of space as shown here with a partial see-through divider. Vertical 2x4 posts were fastened to a horizontal strip at floor and ceiling. Crossbars were then spaced at intervals between the verticals. Divider was painted a deep pink to complement the room's color scheme. The roomy sleeping area features a nubby carpet; sitting room has easy-to-care-for vinyl tile flooring.

atisfy the cheese hound in your dog.



I didn't realize how good my coffee was

until I tasted it without chlorine, bacteria, algae, and sediment.



My PCP Water Purifier makes tap water taste good again, and for about three cents a gallon!

I wasn't really worried about the purity of my tap water unless there was a storm or talk of an epidemic. But I didn't like the way it tasted.

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But then I found out about the new PCP Purifiers with their Caglion® filter. They not only filter out taste, odors and colors, but kill bacteria as well.

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from Better Homes and Gardens

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No. 13987, Wine Bottle Holder, $22.95, 2/$43.95

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Des Moines, Iowa 50336

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Checklist for range care

Every range comes with an instruction booklet that contains concise information about the specific appliance. Before using your range, be sure to read this booklet. Also, review it periodically to refresh your memory. With these facts in mind, check the following tips for keeping your range in top condition.

Surface units and burners

- For maximum safety and minimum spillover problems, use pans which completely cover the heating unit or burner.
- Learn to use the infinite heat settings, available on both gas and electric ranges.
- Clean up spillovers as promptly as possible. The longer you wait, the harder spots will be to remove. Let cooking surface cool till you can touch it safely, then scrub spillover with soapy water. Polish cooking surface with dry soft cloth.
- To protect glazed surfaces, don't use gritty cleansers.
- Before using a thermostatically controlled burner, check the use-and-care booklet. It should indicate what temperatures to use for simmering, boiling, sautéing, and deep frying.
- Check the thermostatic sensing device occasionally to see if it is pressing firmly against the bottom of the pan when in use. Use only flat-bottomed pans. Don't try to remove the thermostatic sensing device for cleaning from the sensor itself.
- On gas ranges, be sure the flame is adjusted correctly. A yellow flame means not enough air; noisy blowing flame means too much air; soft or lazy flame means air is improperly mixed; a lapping flame means the burner needs adjusting and amount of gas should be decreased.
- Clean the gas burner ports with a small wire brush or pipe cleaner. Don't use a wooden pick that might break off.
- Do not use your range as a supplementary heater during power failures.
- Start the ventilating fan as soon as you start cooking.
- If you're flaming wines or liqueurs during cooking, turn off the ventilating fan.

Ovens

- For cookies, cakes, muffins, bread, and similar food, preheat the oven about ten minutes before using. Generally, you can skip this step when you're preparing other foods.
- Always allow air space ar pans when placing them i oven; one to 1½ inches o sides is usually recomme Your use-and-care book ma give you tips on arranging in the oven for optimum circulation.
- If your oven has a low s (200° or below), use it to food warm before serving, a warm the serving dishes. (U pads to handle items heated 140°.)
- A non-self-cleaning ov easier to clean if it is cl often. Let the oven cool firs hot sudsy water on most s mild abrasive can be used surfaces except a non-stick c one. Avoid touching any el part with a wet cloth.

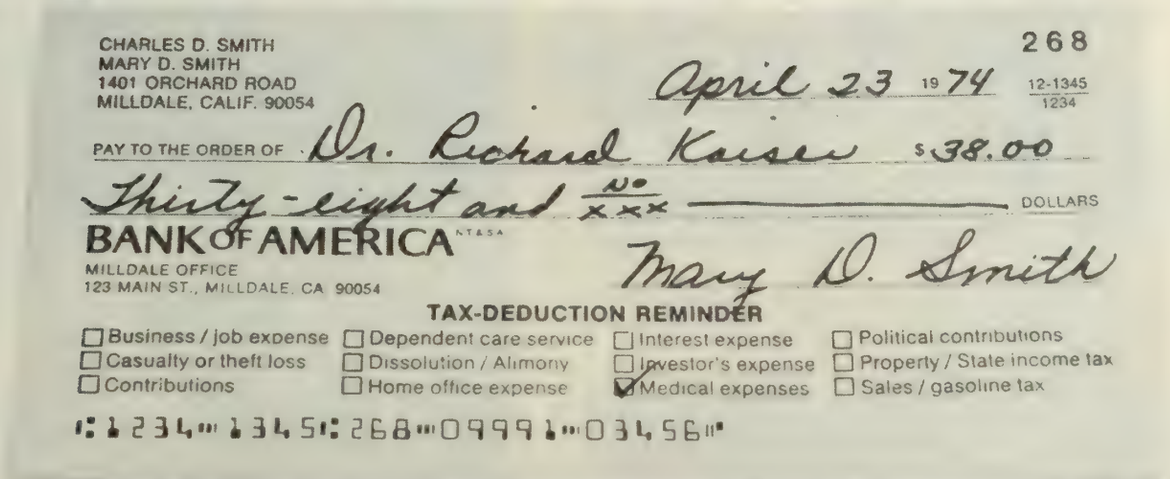
If you use a commercial cleaner, be sure to follo manufacturer's directions. away all traces of cleaner it's done its work.

- When using a self-cle (pyrolitic) cycle, clean non range parts only if the us care booklet says to.
- Before using foil on an liner, check the instruction let. Many manufacturers recommend using foil.
- For your own safety turning, basting, and rem foods, use the oven shelf tha out and locks.
- Be sure no baked-on food the mechanism in a gas ove
- Check to make sure ra leveled perfectly, or cake bake unevenly.

Broilers

- Use the broiler pan that with your range; it was sp designed for this use and v duce spattering.
- Preheat the broiler for five minutes or as long as us care book suggests.
- Cut excess fat from m avoid spatters.
- Put small amount of w bottom of broiler pan rack) to cut down smoke.
- Place food on cold r broiler pan—never preheat
- Don't cover broiler pa foil; it prevents the fat draining and could cause ing if it gets hot.
- When broiling is finish move food to serving Sprinkle pan with deterge cover with wet paper tow loosen grease and food pa Wash later.
- After each use, wipe area with a damp paper

ntroducing the checks that let you know hey're tax deductible.



Too many people forget tax deductions they're supposed to deduct.

Which means too many people are losing money they're not supposed to lose.

With this in mind, Bank of America announces tax deduction reminder checks. Brand-new checks that list the 12 most common claim categories right on the front.

All you do is check the little box next to the appropriate claim, the same time you write the check.

Then you don't have to tax your memory come tax time. You have a record of who got what, and what's in it for you. No guess work.

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When your checks come in the mail, they'll come with a tax deduction guide in the check register. So you'll have examples of the expenses that fall into the deduction categories that are printed on the checks.

Make sure you use tax deduction reminder checks.

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More Californians do.

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from Better Homes and Gardens



1975 Calendars Make several for home and as gifts! You'll be amazed at how fast they work up. Kits contain design printed on crease resistant fabric, sequins and beads, rod, hanging cord, embroidery floss, needle and simple instructions. Finished size: 16½″x30½″.



Weaving Loom Make pillows, placemats, wall hangings, handbags, afghans, shawls—and more! You can create almost anything with this loom—even your own family plaid. Each item you make is an original and will be admired by all. And weaving is fast and easy—a useful and satisfying hobby! This is a professional quality loom that will last for years. Handcrafted and finished like fine furniture, it's also a great decorator piece. Available in 3 sizes, 10″, 15″, and 20″ widths; kit comes complete with loom, 2 shuttles, beater and easy-to-follow instructions for assembly and use.

Please send me the following:

- ☐ No. 00428 Year in Bloom Calendar $4.49,
- ☐ No. 00429 Owl Tree Calendar $4.49,

} Any 2 for $8.49; any 4 for $15.98

- ☐ No. 11020 Weaving Loom 10″ $10.99
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Dreadful dragon party

Here's a something-different party the kids will love. themed around a colorful bit of Oriental folklore ca "What's a Dragon?" (If you don't find this legend at library, any dragon story will suffice.) After telling children the story, challenge each child to make a dra the way he sees it. The results will astound you.

Photograph:



Dreadful Dragon party: Mom's centerpiece is sure flame-throwing-dragon success! For the head, use two b paper bags with horns, evil eyes, nose and curled tongu tached. To make the body, fold a doubled sheet of b wrapping paper into pleats and crease the top of each downward at right angles. Make the folds bigger at the to form the narrowed tail. Pull the pleats out to give di sion to the body. Attach two strips of paper for the l Glue on the head and set the fearsome creation on a b pine needles.

Plan for the party: Tell the children the story of the dr which is a composite animal. That makes anybody's pretation extremely acceptable—in fact, the wilde flight of fancy, the more delightful the dragon. Explain a dragon has horns like a deer, the head of a horse, eye toad, neck of a giraffe, body like a worm, scales of a fish from a cow, paws of a tiger, claws of an eagle. Sho youngsters pictures of these different animals as you i some hair-raising tales of dragon derring-do! Then giv children felt-tipped marking pens and sheets of constru paper. You'll be amazed at what a dragon really looks l according to them! If you wish, include dragon tug-o and dragon hide n' seek. Finally, seat exhausted guests dragon table. Before serving the snacks, take each c dragon sketch, glue it on a larger piece of cardboard artist's name in the corner), and cover with thin pl Use the sketches as place mats—and naturally, they taken home as favors.

nued from page 113

great food eas from basic recipes

n the 1 envelope gelatin in 4 cup water. Stir over low till dissolved. Stir in ½ cup reserved chicken broth. Stir n mixture into cottage e, sour cream, mayonnaise, st 1 tablespoon lemon juice, he first ¼ teaspoon salt. into 9x5x3-inch loaf pan. till almost firm. Meanwhile, n the 2 envelopes gelatin in ¼ cup cold water; stir into up. Place over low heat and ll gelatin is dissolved. Add emaining 1½ cups chicken , the remaining lemon juice, emaining salt. Stir cream e till smooth; gradually stir p mixture. Chill till partially old in chicken, carrot, celnd green pepper. Pour over t firm layer in loaf pan. till firm, at least 8 hours or ight. Unmold salad on leaf e-lined plate. Makes 8 to 10 gs.



CHICKEN AND LINGS

rful cornmeal dumplings top this full-bodied poultry getable stew—

t frozen Six-way Chicken e
ps vegetable juice cocktail unce package frozen cut en beans

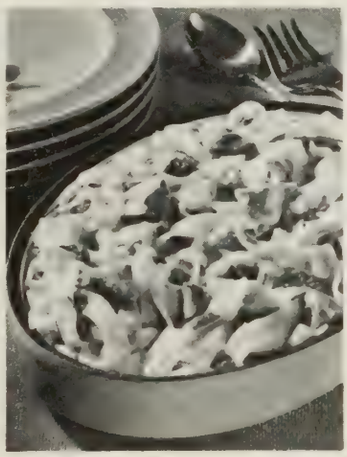
• • •

diced pared potato
sliced celery
chopped onion
aspoons salt
oon chili powder
s bottled hot pepper sauce

• • •

ackaged biscuit mix
yellow cornmeal
4 ounces) shredded ess American cheese
spoons snipped parsley
milk

uart saucepan, place frozen en Base, vegetable juice il, and beans. Cover and cook over medium heat till thawed, about 20 minutes. Add potatoes, celery, onion, salt, chili powder, and hot pepper sauce. Bring to boiling. Cover and simmer till vegetables are almost tender, 5 to 8 minutes. Meanwhile, in mixing bowl, combine biscuit mix, cornmeal, ½ cup of the cheese, and the parsley. Add milk; stir just till moistened. Drop dough into 6 portions onto hot bubbling stew. Cover tightly; simmer for 10 minutes (do not lift cover). Sprinkle dumplings with remaining cheese. Cover till cheese melts, about 2 to 3 minutes. Makes 6 servings.



OLD-FASHIONED CHICKEN AND NOODLES

Not the least bit fancy, but oh so good—

1 quart frozen Six-way Chicken Base
1 pint frozen Six-way Chicken Base Broth
1 5⅓-ounce can (⅔ cup) evaporated milk
½ cup chopped celery
½ cup chopped onion
½ cup chopped pimiento (1 4-ounce jar)
1 teaspoon salt
½ teaspoon poultry seasoning
⅛ teaspoon pepper
1 recipe Homemade Noodles

• • •

2 tablespoons all-purpose flour
¼ cup cold water

In large Dutch oven, place frozen Chicken Base and frozen broth. Add evaporated milk. Cook, covered, over medium heat till thawed, about 15 to 20 minutes. Add celery, onion, pimiento, salt, poultry seasoning, and pepper. Bring to boiling. Add Homemade Noodles slowly to boiling broth. Boil, uncovered, 10 to 15 minutes. Combine flour and water. Stir into boiling broth. Cook, stirring constantly, till chicken broth mixture thickens and bubbles. Makes 6 servings.

To make Homemade Noodles: In bowl, combine 1 beaten egg, 2 tablespoons milk, and ½ teaspoon salt. Add enough of 1 cup all-purpose flour to make a stiff dough. Let rest 10 minutes. Roll very thin (about an 18x12-inch rectangle) on floured surface; let stand 20 minutes. Roll up loosely; slice ¼ inch wide. Unroll, spread out, and let dry 2 hours. (If desired, store in a covered container till needed or freeze in plastic bags.) Makes 6 ounces of noodles or about 3 cups cooked noodles.

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And clean.

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Adjust a pinpoint spray for tight places.

Adjust a wide-angle spray for large areas.

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begins on page 74

Oriental look

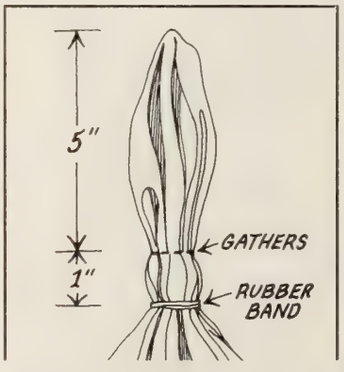
Tie dyed cushions, page 75

Materials: Liquid dye suitable for home use—4 bottles scarlet, 2 bottles navy, and 2 bottles purple; two 2-gallon metal pots (except those lined with a non-stick surface); rubber bands; needle and thread; kitchen tongs; 2 slabs of 2-inch foam each measuring 72x28 inches, and 2 slabs each measuring 44x28 inches; 13 yards of sturdy, off-white duck (all cotton, preshrunk fabric). Makes two 72x28-inch cushions and two 44x28-inch cushions.

Preparing fabric:

For *each* of the 72-inch cushions, cut three 26x30-inch fabric rectangles. For *each* of the 44-inch cushions, cut two 24x30-inch fabric rectangles. For side strips of cushions, cut two strips four inches wide by five yards 24 inches long (for the larger cushions) and two strips four inches wide by four yards 6 inches long (for the smaller cushions).

1. Rinse fabric thoroughly in warm water; squeeze out excess water and roll fabric in a towel; allow to dry until just damp (several rectangles can be prepared for dyeing at the same time).
2. Using a pencil, very lightly draw a ten-inch circle in the center of each rectangle.
3. With short, even stitches and double strand of thread, gather around the circle. Turn penciled side to the inside, draw gathers tight, and knot.
4. Pull center of circle out to a point; smooth gathered fabric down. Wind several twists of rubber band about 1 inch below gathered line (see drawing).



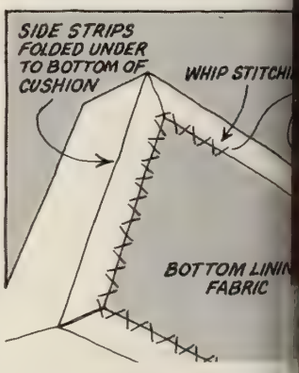
Preparing dye baths:

Note: Make fresh pots of dye after every six rectangles. Make fresh dye for side strips.

1. In one pot, add one bottle of scarlet dye and six drops of liquid dishwashing detergent to a gallon of barely simmering water.
2. In the other pot, add one bottle of purple dye, and nine drops of liquid dishwashing detergent to 1½ gallons of simmering water.
3. Grasping all the selvages of the rectangle with the kitchen tongs, gently lower the point(the ce of the gathered fabric) into scarlet dye slightly above gathered line but below the ber band and hold there for minutes. Capillary action carry the dye slightly higher t the level of the dye bath, but rubber bands will keep the from advancing any farther.
4. Remove fabric and run dyed portion under cool w (keeping point down, so ex dye does not run into unc portion of fabric) until water clear. Gently squeeze out ex water and dry paper towels.
5. Grasp the dyed portion of fabric with your tongs, sm down selvages and lower e of rectangle into the purple/ dye bath to a point about inches below the edge of the s let dye. Hold fabric in dye about five minutes or until shade darker than desired sh Repeat rinsing process a being careful to avoid letting cess dye drip on undyed porti
6. Hang dyed fabric up by ce point with a clothespin. Clip rubber bands and snip gathe thread. Dry partially; spread for final drying.
7. Immerse side strips, two time, in the blue/purple dye and stir for five minutes. Re rinsing and drying procedure
8. Press all pieces, using s starch if necessary.

Assembling cushions:

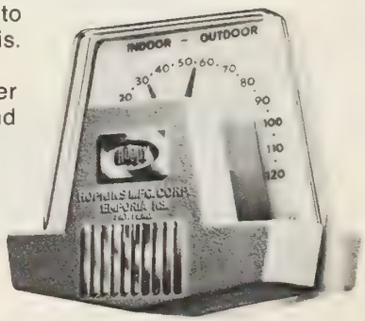
1. For the 72-inch cushions, three of the larger rectan (using one-inch seams) along 30-inch sides. Press seams o With right sides together, long strip of siding fabric al way around cushion top, one in from edges. Stitch, clip ners, and join edges of side at one corner (trim off excess
2. Fit cover to 72-inch sla foam, pull tight. Fold edge side stripping under foam, n corners, pin flat (see drawing



3. Cut a piece of fabric 7 inches, press edges under inch on all four sides, and p side stripping on bottom of c ion (see drawing). Whipstitch
4. Repeat for other cush joining two of the smaller tangles for each of the 44- cushions.

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*Eight-piece set with aluminum interiors pictured.



begins on page 82

Macralap

General macralap instructions:

Be sure to ask for cleaning directions when you buy your fabric. We used jute for the bedspread ensemble (a type of burlap with a tighter and more even weave which can be dry-cleaned). We also used rayon/wool felt which can be dry-cleaned. The other projects are made from regular rough burlap and rayon/wool felt.

Use the following procedure to cut any of the jute or burlap pieces called for in the various macralap projects.

With pencil and ruler, find the correct dimensions, placing marks lightly on burlap threads. Grasp the thread at one side of fabric and pull it out. After you pull the thread, there will be an open channel in fabric. Carefully cut in middle of channel. Repeat for all sides of piece. To get evenly sized fabric pieces, pull threads before cutting.

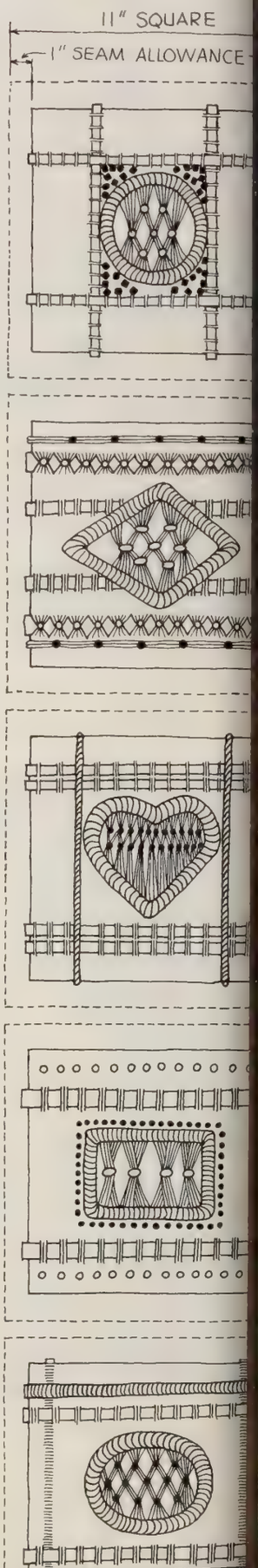
Bedspread/pillow sham page 82

Materials: 18 yards 45-inch off-white jute; 6 yards 72-inch orange rayon/wool felt; off-white polyester thread; 2 oz. off-white wool yarn; 1 skein orange needlepoint yarn; 18 yards 1½-inch orange grosgrain ribbon; 12 yards ¾-inch orange grosgrain ribbon; 3 skeins orange embroidery floss; assorted sizes off-white and orange wood beads; tapestry needle; 4½ yards cotton-polyester blend orange lining fabric (optional). Seams: 1 inch (prevents raveling). Finished size spread top: 38-41 x 72-75 inches (size will vary according to fabric weave).

1. Cut *15* 11x11-inch squares from jute and felt. Cut *25* 8x11-inch rectangles from jute and felt. Cut *ten* 8x8-inch squares from jute and felt. All these pieces will fit together to form spread top.

2. The fifteen 11-inch squares are decorated with geometric openings. Make paper patterns for a diamond, rectangle, circle, oval, and heart. Make them about 6 inches in diameter and refer to drawings as necessary. Each geometric design will appear on three squares. Lay a pattern in the center of each square and trace lightly with a pencil.

3. Stay stitch one inch from outside edges of each square to help prevent raveling. Stay stitch around the traced outline, then stitch around shape again, ¼ inch outside first stitching. Use seam ripper or small scissors to cut either all vertical *or* horizontal threads within design. Pull threads out one at a time to avoid stretching shape. Thread tapestry needle with two yards white yarn. Pull yarn through to make double strand and knot ends. Us overcast stitch to bind ed open design and cover ma



continued

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continued

Macralap

stay stitching. Tie off on back side. Place jute square on top of same-sized felt square and baste together around edges.

4. Refer to drawings as you finish squares. Do beadwork with three strands of embroidery floss. To insert ribbon, cut and pull enough threads to make a channel through which you can weave the ribbon over and under equal number of threads. Tack down ribbon on either end.

5. To work the twenty-five 8x11-inch rectangles, count in 12 threads from each long side, then pull out four threads. Weave a ¼-inch piece of felt through channels, going under and over 4 threads. Cut and pull 12 threads in center of rectangle, then weave 1½-inch orange ribbon through channel, going under and over six threads. Finish all 25 rectangles, then baste each to correspondingly cut felt rectangle.

6. Draw a 3½-inch-diameter circle in the center of each of the ten 8x8-inch squares. Thread tapestry needle with orange yarn and outline the circle, using ¼-inch stitches. Baste to corresponding felt squares.

Assembling top:

7. Assemble pieces in horizontal rows. For first row, stitch an 11-inch square to a rectangular piece. Add an 11-inch square followed by another rectangle. Stitch on a third 11-inch square and set strip aside.

8. For second horizontal row, stitch a rectangle (turning it horizontally) to an eight-inch square, then a rectangle, then another eight-inch square, then another rectangle. Set strip aside. Continue stitching pieces together in rows, alternating patterns used in rows one and two.

9. Press all seams open before you assemble horizontal strips. To assemble strips, pin first strip to second strip right sides together and stitch. Press seam open and stitch third strip to second strip. Continue until top is finished.

Side and end panels:

10. Since size of finished top varies, carefully measure your spread top, and if it is too small for your bed, adjust by adding several inches to side and end panels. Side panels should be the distance from bed surface to floor plus two inches for seams in width; and they should be as long as your finished top plus two inches. Use same width for end panel, and make it as long as the width of your top plus two inches.

11. Finish side and end panels by weaving ribbons and attaching beads as desired.

Assembling spread:

12. Pin end panel to bottom spread top, right sides togeth and stitch. Press seam open. each side to top right sides gether and stitch. Place spread bed to check fit, especially corners where side and end p els meet. Pin corners right si together and stitch. Press seams open.

Lining: (optional)

13. Cut pieces of lining fabric inch smaller (be sure to allow seams) than your spread top, and end panels. Stitch toge lining as you did spread, pres all seams open.

14. Lay spread right side up floor. Place right side of linin spread and pin together aro edges, leaving the top o Stitch, using one-inch sea Turn spread right side out turn under one inch of both ing and spread at top. Hand-s closed. Tack lining to spread

Pillow sham:

1. Cut felt and jute pieces 24x30 inches. Cut two piece jute, one 24x24 inches and other 20x24 inches. Stay s around edges of three jute pie

2. Draw an eight-inch hea center of large jute piece. stitch around heart shape, re ing stitching ¼ inch from stitching. Cut and pull all zontal threads.

3. To make looped fringe ar heart, cut a piece of jute inches wide and 30 inches Stay stitch ¼ inch on all s Cut and pull all horiz threads. Fold in half length placing stay-stitched lines to er and stitch. Pin around opening and baste to hold. U double strand of yarn, ove around opening to anchor fr

4. Attach the jute to corresp ing felt backing by hand-s ing under the fringe, using a basting stitch.

5. Divide the vertical stran heart opening into bunches and hold in place by attachi square orange beads in latti sign. Decorate remainder of as desired by weaving ribbo doing beadwork.

6. For fringe around outsi pillow sham, cut a piece o ten inches wide and 12½ long. Make fringe in same you made fringe around hea

7. To assemble sham, pin around edges of right side low front, with loops towar ter of pillow front (be su place stay stitching line on ⅛ inch *outside* of stay sti line on pillow front).

8. The back pieces don't r lining. Fold under a on hem on each piece along 2 side and stitch down. Positi longer back piece right side on the pillow front, ma

continued

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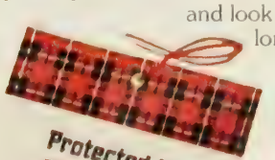
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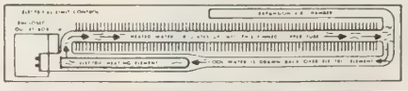
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continued

Macralap

corners. Position the shorter piece, overlapping the longer piece on the pillow front corners. Pin, making sure all fringe is tucked inside layers. Stitch pieces together, using one-inch seams. Clip corners, turn, press.

Place mats/table runner, page 84

Materials: 1½ yards hot pink 72-inch rayon/wool felt; 4 yards orange burlap; 1 skein each pink and red washable rug yarn; 4 skeins orange washable rug yarn; tapestry needle.

Place mats:

1. Cut four mats 22½ x 14 inches. Stay stitch across the 14-inch width, 3 inches in from the end. Pull out 2 horizontal burlap threads beside the stay stitching. Weave a double strand of pink yarn through the pulled channel, going over 8 burlap threads and under 1, repeating across entire width. Pull two more burlap threads and weave a double row of red yarn using same pattern.
2. Measure 3¾ inches from red yarn. Stay stitch, pull two threads, and weave another row of doubled red yarn. Pull two threads, weave row of doubled pink yarn.
3. In area between woven rows, draw three diamonds, each 3¾ inches x 2¼ inches. Stay stitch around diamonds. Pull out all horizontal threads in each. Tie threads in each diamond into three bundles.
4. Fill area around diamonds with running stitches and overcast with orange yarn.
5. Turn edges under ½ inch and blindstitch to 18¼x13-inch piece of felt backing (felt will only reach to end of worked pattern). Pull all horizontal threads from burlap at the end of place mat to make fringe.
6. Make other three place mats.

Table runner:

1. Cut a 19x115-inch piece of burlap. Stay stitch ½ inch around all sides. The center section is made like the place mat except the design is larger. Allow 8½ inches between rows of doubled pink and red yarn, make diamond seven inches x 17 inches.
2. Measure in 32 inches from each end to make the lattice designs on either side of center section. Pull threads to weave two rows of doubled pink yarn; one row of doubled red yarn; two rows of orange overcast; two rows doubled red yarn; then finish with two rows of doubled pink yarn. Measure nine inches and repeat weaving procedure.
3. Pull all horizontal threads within nine-inch section. Divide into 15 bundles. Tie each bundle two inches from yarn border. Repeat tying at other end, placing knots two inches from border a keeping them on back side so th won't show. In center of threa divide bundles in half and again, creating a lattice effect.
4. Measure in 32 inches fr other end and repeat procedure
5. Measure in 20 inches fr each end; pull threads, and wea one row each of doubled pink a red yarn. Stay stitch along t outside row of yarn. Pull all ho zontal threads between st stitching and end of runner.
6. Lay runner flat and trim frin to about 12 inches. Divide frin into 32 sections of 16 stran each and tie with overhand kn to make tassels.
7. Cut an 18x72-inch piece of fe Piece to make it 76 inches lo Turn edges of table runner und ½ inch and blindstitch to felt.

Window covering, page 85

Materials: 2 yards off-white b lap; 7 yards 2¼-inch lace; yards off-white scroll type tri 120 white wood beads; 132 gl beads; thread and yarn scraps match burlap; spring-tension c tain rod; 39½-inch piece of inch dowel.

1. Cut burlap piece 40¼ inch wide and 63½ inches long. St stitch ¼ inch around all f sides. Turn one 40¼-inch e under ½ inch and stitch down form the top.
2. Measure down from top th inches and pull one horizon thread. Using this open chan as a guide, sew a piece of l across entire piece. Meas down 2¼ inches, pull thread, a sew double row of scroll tri Measure down 2¼ inches, p thread, sew second row of l Pull out all horizontal threads tween lace and trim, on both si of trim.
3. Measure down ten inches fr bottom of second row of l pull one thread, and sew anot row of lace along the thread l Pull all horizontal threads in ten-inch section. Repeat ab until you have six rows of l and two ten-inch pulled section
4. Below last row of lace meas 2¼ inches, pull thread, sew double row of trim. Meas down 2¼ inches and pull thr but leave a section 3½ inc deep as is, to serve as the bott casing.
5. Divide ten-inch pulled thr areas into 17 equal sections. each section in middle with y (tie in back so knot won't sho Using heavy-duty thread, se a double length of thread at bottom of the top section lace, between the eighth ninth section of gathered thre String five glass, five wood, glass, five wood, and five g beads on the thread and fas thread between eighth and ni sections at the top of lace bel

asten beads, strung in the
e manner, between the fourth
fifth sections; between the
and 14th sections; as well as
her end of the gathered sec-
. Repeat for other areas of
ered sections.
itch all four sides of com-
d hanging under ½ inch.
top and bottom into 1½-
casings.
sert spring rod in top casing.
t dowel in bottom casing to
e sure it hangs straight.

pshade, page 85

rials: 1½ yards natural bur-
6 yards scroll burlap shade
2½ yards plain burlap trim;
rds macrame jute; 6 large
n wood beads; 6 small dark
vood beads; 3 ceramic me-
ns or other 2-inch diameter
nents such as flat beads or
ative buttons; white glue;
d to match burlap; light-
t, nonwoven interfacing.
nce this technique can be
on any size lampshade, sim-
easure and cut sections to
ur shade. Our shade mea-
14 inches across the top, 20
s across the bottom, and is
ches high. Unlike a col-
r shade, this type of shade
be made in sections since it
; out and is larger at the
n than at the top.
t three burlap pieces nine
; wide at top, 12 inches
at bottom, and 12 inches
Cut three smaller pieces 6½
. at top, 8½ inches at bot-
nd 12 inches high.
each of the three larger
, draw an oval eight inches
nd seven inches wide in the
. Stay stitch around ovals.
n scroll trim around each
nd stitch in place.
wrong side, snip all hori-
burlap threads inside each
Pull threads out. On left and
ides, count 18 threads each
groups together in middle
ute. Tie together threads
ning in center. Use jute to
ceramic medallion.
Tead wood beads on a 12-
ece of jute, alternating red
own beads. Tie a knot be-
each bead and add two
knots following last red
on either end. Attach a
of beads on each side of
ion. Repeat procedure for
ing two ovals.
three corresponding ovals
shade. Glue a piece of in-
ng on inside of shade to
val cutouts, if desired.
ad glue over each portion
shade as you position each
section. Smooth each piece
d press firmly to secure.
y excess overlap at seams
and bottom. Cover seams
ain burlap trim and glue
rim around top and bot-
the shade. ■

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HOUSES THAT MAKE EVERY INCH COUNT

Page 50 through page 55: All appliances—Tappan, Mansfield, Ohio 44901. All counter tops—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.

MAKE YOUR KITCHEN COME ALIVE

Page 56: Floor covering—Mexican Ceramic Tile, "Hispanic Design"—6125 N. Cicero, Chicago, Ill. 60646.

Page 57 (lower left): Range hood—Nu-Tone, Inc., Madison & Redbank Rds., Cincinnati, Ohio 45201. Light fixtures—Halo Lighting, Inc., 4201 W. Grand Ave., Chicago, Ill. 60651.

Page 58 (left): Floor covering—Armstrong Cork Co., Liberty & Charlotte Sts., Lancaster, Pa. 17604. Ovens—Tappan, 250 Wayne St., Mansfield, Ohio 44902.

Page 59: Floor covering—Monarch Carpet Mills, Inc., 5025 New Peach Tree Road, Chamblee, Ga. 30050.

HOW TO BE AT HOME WITH THE ORIENTAL LOOK

Page 74: Cylindrical lamps—George Kovacs Inc., 831 Madison Ave., N.Y., N.Y. 10010. Planter—L. Paul Brayton Ltd., Box 5607, High Point, N.C. 27262.

Page 75 (top left): Shag rug—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Tex. 76102. (Top right): Trays on shelf and wicker tabletop—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Tex. 76102. Lounge chair—Atelier International, Ltd., 595 Madison Ave., N.Y., N.Y. 10022. (Bottom left): White chairs—Directional Ind., Inc., 979 Third Ave., N.Y., N.Y. 10022. Reed fencing—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Tex. 76102. (Bottom right): Bachelor chests—Bernhardt Ind., Box 310, Lenoir, N.C. 28645. Tub chair—Pier 1 Imports, 2520 W. Freeway, Fort Worth, Tex. 76102

Page 76 and page 77 (left): Sofa fabric—Boris Kroll Fabrics, Inc., 979 Third Ave., N.Y., N.Y. 10022. Chest—Baker Furniture Co., 10 Milling Rd., Holland, Mich. 49423.

Page 77 (top): Table—Kittinger Company, 1893 Elmwood Ave., Buffalo, N.Y. 14207.

Page 78 (top): Chairs—Knoll Associates, Inc., 745 Fifth Ave., N.Y., N.Y. 10022.

Page 79 (top right): Chairs—The McGuire Company, 1201 Bryant St., San Francisco, Calif. 94103. Blinds—Del Mar Woven Woods, 7130 Fenwick Lane, Westminster, Calif. 92683. (Bottom): Love seat and corner table—The McGuire Company, 1201 Bryant St., San Francisco, Calif. 94103. Sofa and love seat fabric—Boris Kroll Fabrics, Inc. 979 Third Ave., N.Y., N.Y. 10022.

Page 80 (bottom): Trim, chair, and pillow sham fabric—F. Schumacher Co., 58 W. 40th St., N.Y., N.Y. 10018.

Page 81 (top left): Sofa—Century Furniture Co., P.O. Box 608, Hickory, N.C. 28601. Floor lamp—Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07300. (Top right): Chair—Selig Mfg. Co., Inc., 54 Green St., Leominster, Mass. 01453. Table—Drexel Furniture Co., Drexel, N.C. 28619. (Bottom): Sofa—Selig Mfg. Co., Inc., 54 Green St., Leominster, Mass. 01453

MACRALAP

Page 84 (lower): Plate—Wilton Armeale, 18th & Franklin Sts., Columbia, Pa. 17512. Flatware—From selected Montgomery Ward stores or catalog. If not available write to: Montgomery Ward, H.D. Farrar, E-6 P.O. Box 8339, Chicago, Ill. 60680. Goblets—S. P. Skinner Co., Inc., 225 Fifth Ave., N.Y., N.Y. 10010. Bowl—Baldwin Mfg. Corp., 841 Womelsing Blvd., Reading, Pa. 19603.

Page 85 (lower): Materials for making lampshade: Textured burlap, 100% jute—D/703 Sears Roebuck & Co., Sears Tower, Chicago, Ill. 60684. Rayon/wool felt—Standard Felt, So. Palm & O'Donnell Ave., Alhambra, Calif. 91802.

27 GREAT FOOD IDEAS

Page 90: Chafing dish—Raymor Richards Morgenthau Inc., 734 Grand Ave., Ridgefield, N.J. 07657. Brown stripe canisters—Raymor.

Page 93 (right): Oval pot—H. E. Lauffer Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. Rectangular pot—Dansk Designs, Inc., Radio Cir. Rd., Mt. Kisco, N.Y. 10549. Round pot—J. & H. Alexander, Inc., 225 5th Ave., N.Y., N.Y. 10010.

Page 95 (lower right): Casserole—Heath Stoneware, N.S. Gustin Co., 712 S. Olive St., Los Angeles, Calif. 90014



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continued from page 46

Learning disabilities

revolves around a new Massachusetts law, which takes effect this fall. This law provides that every child who has difficulty maintaining the classroom pace be given a full-scale evaluation at public expense, and a special educational program be provided for him *within* the regular classroom. According to Daniel Yohalem, staff attorney for the Children's Defense Fund of Boston, one of the groups that successfully lobbied for the law's passage, an extraordinary feature is that the law specifically forbids a child's being labeled "retarded," "learning-disabled," or otherwise stigmatized as less able than his peers. It is hoped that this provision will help lessen the child's feeling of isolation and bolster his personal self-esteem.

But don't children eventually grow out of these disabilities?

Physically, yes. Socially, probably not. Dr. Schain says, "Not all children get their molars at six, and maybe all are not ready to read at six, either." In cases of "maturational lag," in fact, the child, if left alone, might indeed eventually catch up with or even surpass his classmates. But in our society, which is hyperconscious of education, he is seldom left alone. He is repeatedly confronted by frustration and failure, stamped as a "dummy" and teased by his schoolmates. By the time he is ready to really take off, failure has typically become ingrained, a way of life.

But with special instruction starting in the primary years, a child can either keep in step with his contemporaries, or overtake them by 12 or 13. He may never become an accomplished reader, but in our multi-media society he will certainly collect information in many other ways. Yet in some departments he may always lag behind. Few learning-disabled persons, for example, ever become good spellers.

What should I do if I think my child has a learning problem?

First, discuss it with school authorities. Chances are they are already aware of his problems and can recommend a program to help him.

Second, consult your pediatrician. Not all doctors are expert in learning problems, but they may be able to steer you to specialists and examine the child for visual, hearing, or other physical involvements.

Third, have a full evaluation of the child's problems and potentials. If such services do not exist in your community, you may learn the location of a university-affiliated center which provides them by writing: Association of University Affiliated Facilities, 2611 P Street, Washington, D.C. 20007.

Fourth, seek guidance from organizations which are concerned about problems of children who have special needs.

What can I do at home to help?

Don't attempt to teach your child yourself—that can lead to frustration and more heartache. Concentrate instead on creating a supportive atmosphere to bolster his self-concept and help him succeed in areas outside school.

Here are some guidelines suggested by experts:

1) Establish simple but regular routines of eating, sleeping, schoolwork, and play, which he can count on and understand.

2) Keep distractions to a minimum. Having his own room is especially important for the learning-disabled child.

3) Don't assign tasks that require long or concentrated attention. Give him a single command at a time; if possible, demonstrate what he should do instead of using words to describe it.

4) Don't let him get overtired or overexcited. Problems of hyperactivity, in particular, are magnified by fatigue or overstimulation.

5) Provide informal experience to help him learn. Read to him to enlarge his vocabulary and to familiarize him with the printed page. Use clocks, road maps, and calendars to orient him to time and space. Reinforce lessons of left and right.

6) Help him improve his coordination. Install a basketball hoop in the backyard; play catch, buy hand-eye games like jacks or pick up sticks. Parcheesi teaches him to count and to use his small muscles.

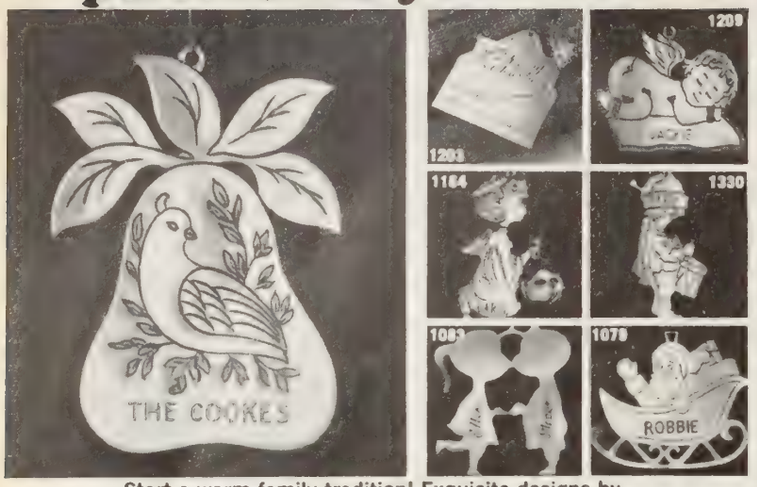
7) Ensure success by using the techniques of behavior modification. Break every task into simple steps which he can master, and reinforce each step, moving to the next one when he has conquered the first. Use reward rather than punishment.

8) Above all, help your child to understand that while he is unusual in some ways, he is loved and enjoyed. ■

(Written in cooperation with Edwin Kiester, Jr., a noted education writer.)



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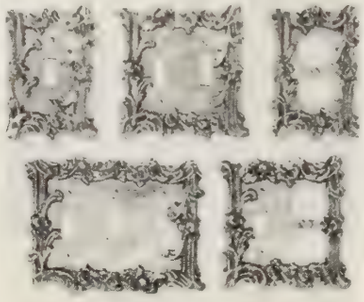


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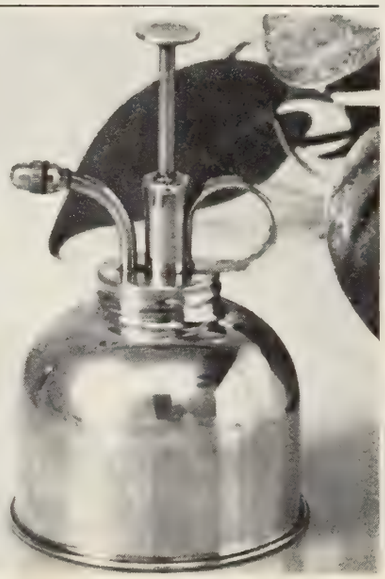
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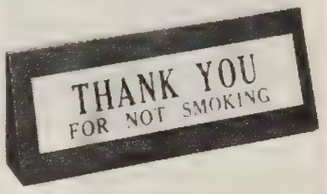
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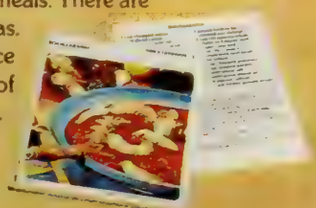
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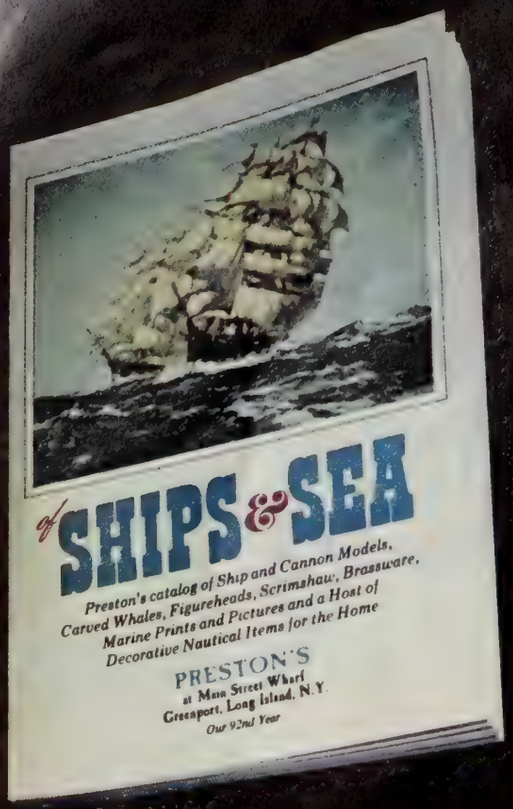
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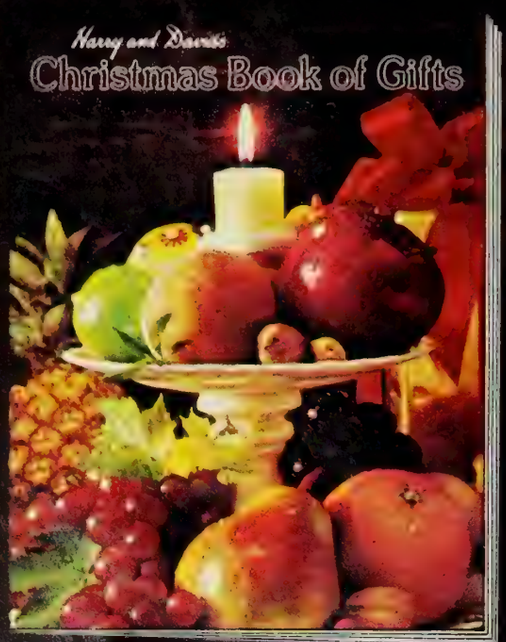
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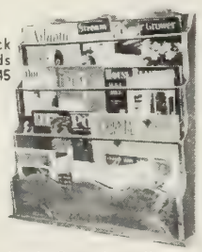
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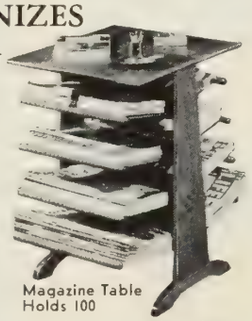
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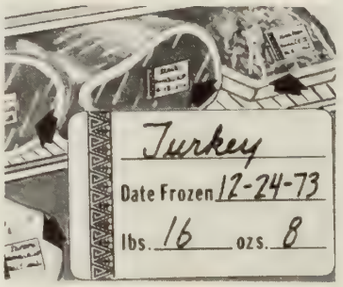
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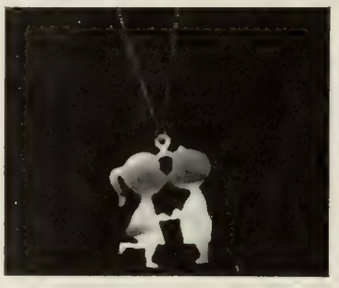
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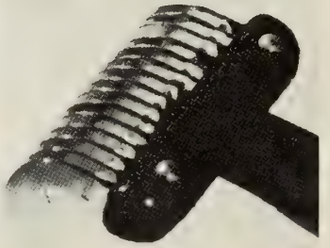
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It is a fact that, since ancient times certain substances and talismans **have** been known by millions to have the power to affect the destiny of those who wear them next to their skin—the power to bring wearer



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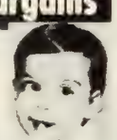
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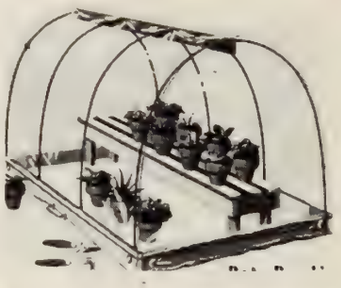
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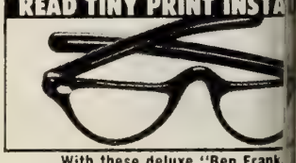
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	Place knife	30.00	20.00	34.00	22.67	38.00	25.33
	Salad fork	25.00	21.00	32.00	24.00	36.00	27.00
	Place spoon	25.00	21.00	32.00	24.00	36.00	27.00
	Spreader, flat or hollow	20.00	15.00	23.50	17.63	27.00	20.25
	Tablespoon, regular	53.50	40.13	60.00	45.00	66.50	49.88
	Tablespoon, pierced	53.50	40.13	60.00	45.00	66.50	49.88
	Sugar spoon	29.50	22.13	32.00	24.00	36.00	27.00
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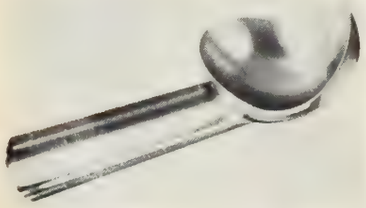
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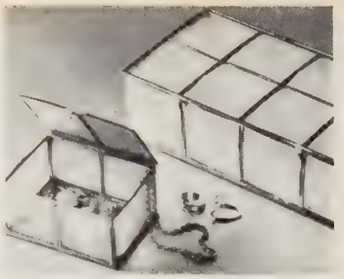
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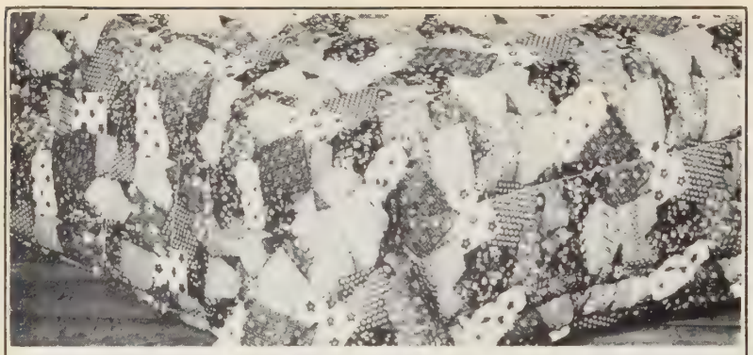
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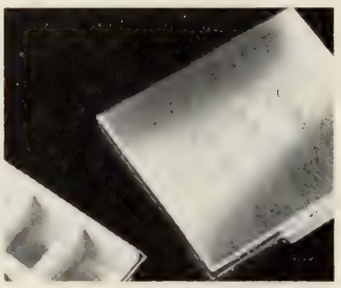
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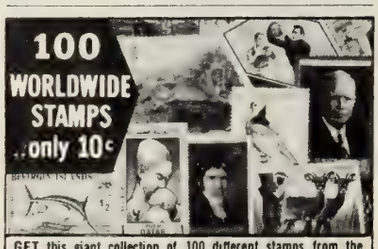
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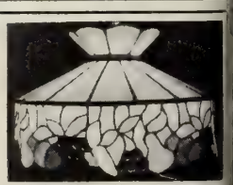
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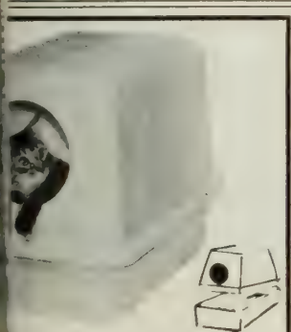


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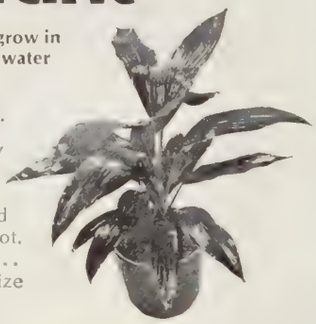
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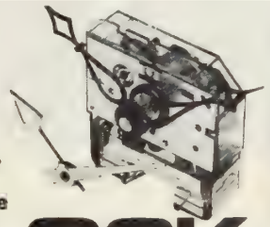
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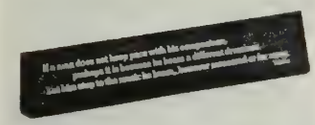
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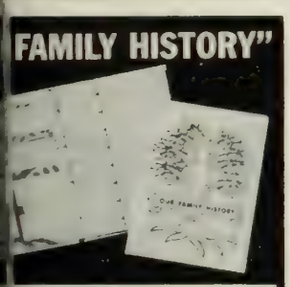


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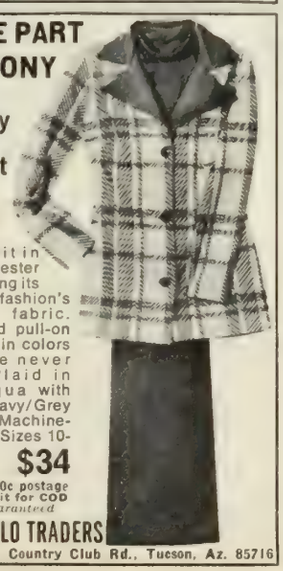
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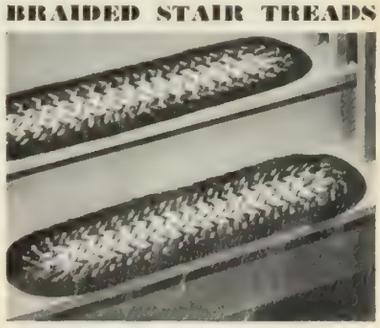


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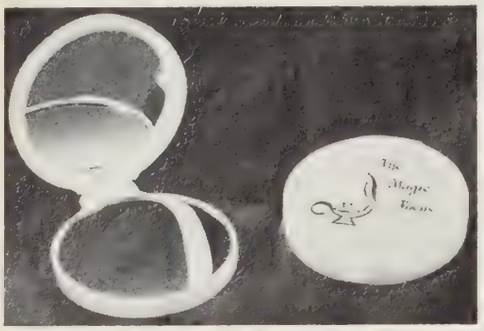
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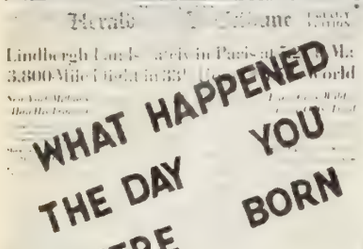
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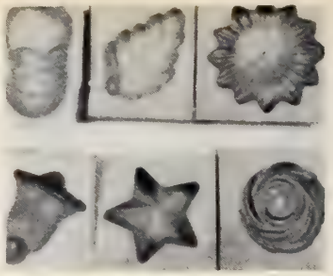
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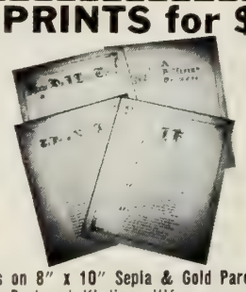


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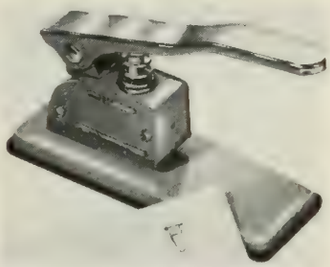
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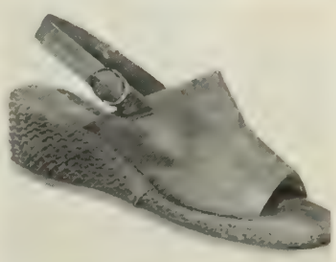
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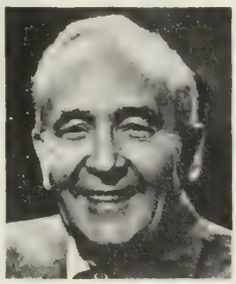
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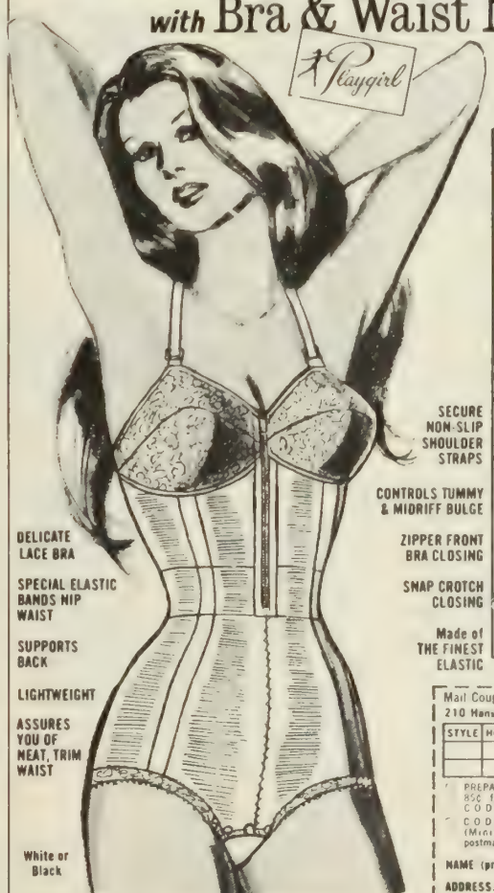
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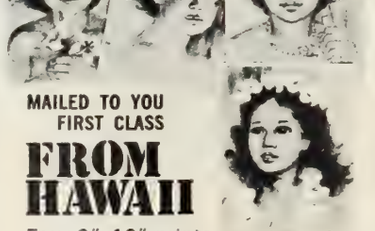
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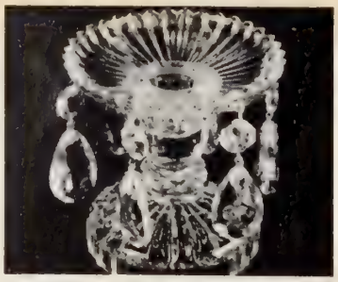
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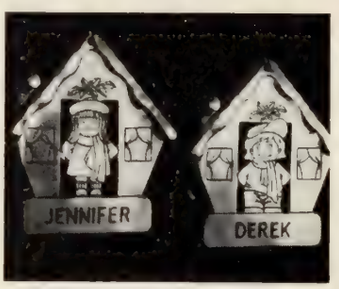
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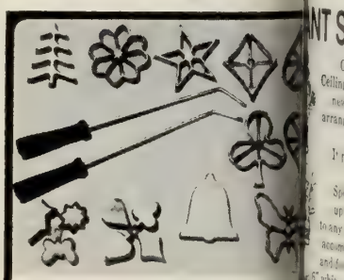
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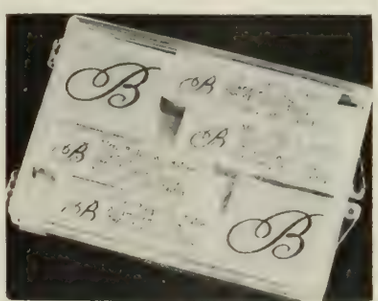
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The man next door

I've heard of fishermen falling in the lake trying to boat a catch, but Ken Floyd is the only man I know who was knocked down by a tree as he ran wildly to see where his good golf shot would land.

The news reports say that inflation overseas is worse than here, prompting grumpy Ned Carter to complain that "we can't lead the world in anything anymore."

A note to the occult-minded: The demon gardener that possesses me at planting time every spring is by August totally exorcised and cleansed of every obsession to plant, weed, spray, and hoe.

Seeing a lady mechanic in the garage didn't shock me, but I'll admit to a bit of a start when I got a whiff of perfume amid the gasoline fumes.

If a man tells you he wants to get home to some peace and quiet, you know he lacks the modern conveniences of dishwasher, air conditioner, refrigerator, radio, TV, and stereo.

"Man's search for identity is not so much of a problem these days," declares cynic Pete Simon. "If someone doesn't know who he is, there's undoubtedly a file in Washington that will tell him."

Bill Norman has been down with a serious case of the flu, but his wife Isabel now reports that he's feeling well enough to receive insulting get-well cards.

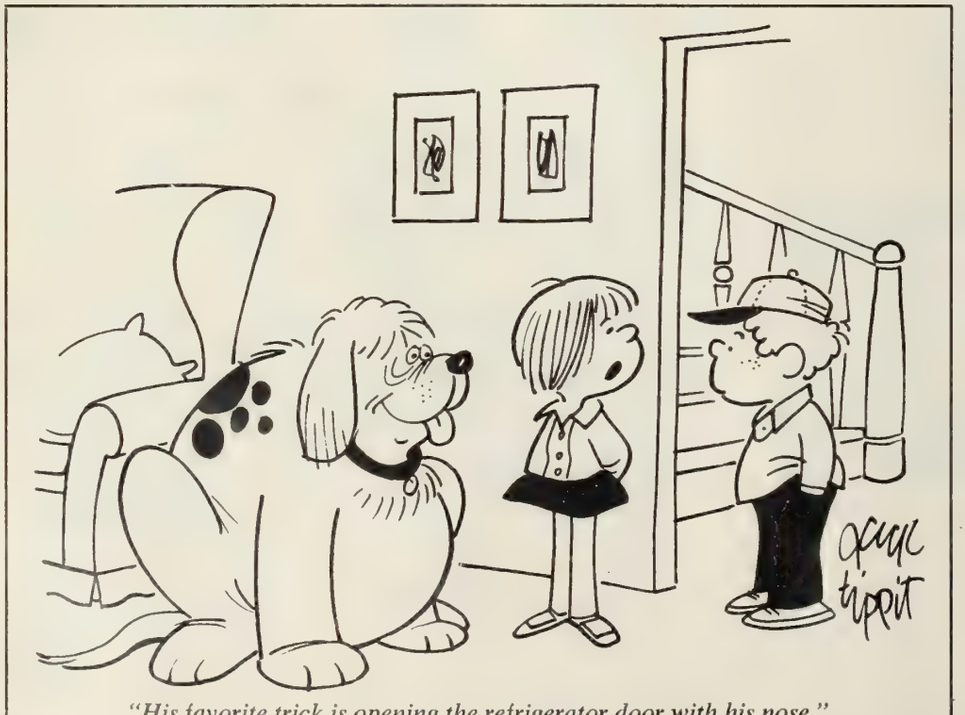


Burt Jr.'s science instructor believes that the sea will serve as a future source of fuel. I tend to agree, particularly if we can discover some feasible means of recovering all the oil that's been spilled into it.

If the costs of food and labor don't stop rising, restaurant owner Mark Bixby says his menu will be coming out in more editions than the daily newspaper.

You can knock Detroit's products all you want, but Grandpa Hillis says if you keep buying its cars, "Eventually you'll wind up with one that will outlive you."

Insurance salesman Pete Billings says one of the drawbacks of being self-employed is that "there's little satisfaction in taking a long lunch hour on your own time!"



"His favorite trick is opening the refrigerator door with his nose."

Our town grew by several hundred in population last year, and—believe it or not—the chamber of commerce doesn't plan any announcements.

Aunt Opal's book club has suffered a setback. She says that members have been so busy setting up and attending lecture programs that they haven't had time to do any book reading.

Our choir rehearsed the Hallelujah Chorus last week, but so many singers were absent that the Rev. George Hall said it came out more like the Hallelujah Quartet.

Billy Goldenberg, age five, product of a technological society, observes wisely that it's silly to talk about catching a bird by putting salt on its tail when some kind of aerosol spray could do the job better.

Having lived for a long time now on the same block of comfortable but not particularly distinguished houses, we know there's a certain fascination in staying put.

An older neighborhood, if it survives, goes through cycles seemingly as preordained as the seasons. We have seen the aging, fading, and rejuvenation of these homes we know so well—and the families that live in them.

When we first moved in, there were three elderly couples, two widows, and a widower. There was a sprinkling of teen-agers, but ours were the first small children in several years. Judy, of course, was born after we moved in. As the harbingers of new life on the street our children were made much over. There was no shortage of baby-sitters or surrogate grandparents.

Then the ranks of the older people began to thin. Death is a part of the cycle. Other friends of ours moved to the convenience of apartments or the retirement joys of warmer climates.

These vacancies were filled by families our age or younger. Children became a commonplace. As the infants arrived, the teen-agers disappeared—to college or out into the world.

Now our children are reaching their teens, trailed by Judy, and even she is almost the age to sit rather than be sat.

This morning as I left for work I noticed a moving van at the Fergusons'. Tonight when I came home there was a tricycle on the sidewalk and a baby carriage on the porch.

Once more the old block is renewing itself. ■

Burton Hillis

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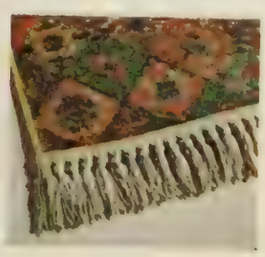
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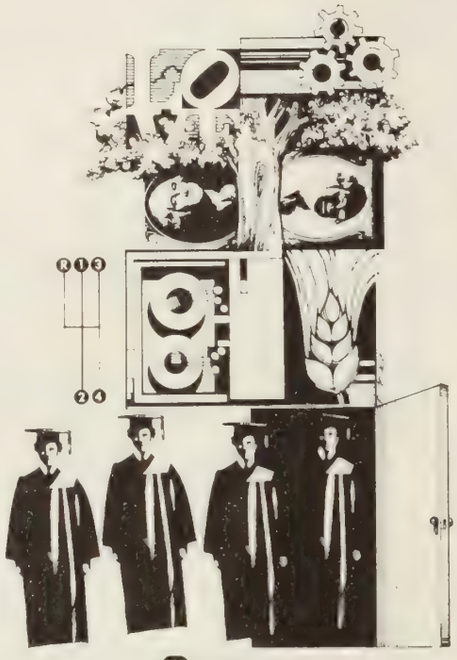
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Career education: can it help your child cope?

Even if he is only in first grade, your child may come home from school one day very soon chattering about jobs, careers, paychecks—the world of work. If he is a high school senior bound for college, he may have to demonstrate ability to write a job résumé, or add the deductions in a paycheck, or demonstrate salable skills for a broad range of occupations, before he can receive his diploma. Or if you have a teen-aged daughter, she may spend half of each day doing volunteer work in an old-age nursing home—and get school credit for it.

It's all part of a new (and still controversial) trend in American schools—one that both parents and students should be aware of. Traditionally, U.S. schools have defined their mission as the development of young minds. Open the windows of human knowledge and allow the student to breathe the air, went the refrain, and he can decide for himself when and how to apply the lessons. But lately many schools have been rejecting that kind of ivory-tower philosophy. Recent events have convinced them that students must be taught not only to think—but to apply their thinking so that they can make a living and cope with the workaday world after they leave school.

"Career education," "career development," "learning by doing" are a few of the names for this new fusion of the academic and workaday worlds. The programs vary in emphasis, but all reflect the belief that—in the words of Dr. Kenneth P. Hoyt, of the U.S. Office of Education—"learning occurs in the school of hard books, as well as the school of hard knocks." Students are encouraged to drop in, rather than drop out, and to use the school as only one place of learning, rather than see school or work as separate existences.

"Career education is for a post-industrial generation that is information-rich but experience-poor," says Jesse Fasold, superintendent of public instruction in Oregon. Beginning with this fall's class, future high school graduates there will be required to prove not only that they accumulated the required number of "Carnegie units" in the basic subjects plus electives, and that they have attended the traditional four years, but to demonstrate "survival skills" such as balancing a checkbook, filling out a job application, and explaining a product label.

The history of career education actually goes back many years, but the modern version dates from the problems of the 1960s. In that troubled decade Americans realized for the first time that the cherished dream of a college diploma no longer guaranteed a pot of gold at the end of the rainbow. Up to 75 percent of high school graduates went on to higher education only to drop out or, worse yet, find themselves jobless after graduation. Even Ph.D.s shared this plight.

Meanwhile, schools themselves struggled with problems of crime and drugs as bored young people waited out the compulsory attendance laws or the inevitable social graduation; at one point, more than two-thirds of all city high schools in the country had paid guards patrolling the halls. And, further, it was realized that all their fine education had not equipped young Americans for some of the problems of the times. Biology was taught as though every student would be a scientist, not a citizen deciding on such matters as control of pollution or the ecology of the timberlands.

In 1971, then U.S. Commissioner of Education, Sidney Marland, urged that all young people upon leaving school or college should do so with a marketable skill, as well as the expected academic learnings of the grade level. He held that purposeful learning, based upon consciously developed career goals, would help the academic success of all learners, at any age. Marland's cry for a more useful education was quickly taken up by a number of august investigating bodies, including those sponsored by the National Association of Secondary-School Principals (NASSP) and the President's Science Advisory Commission.

One of the most explosive reports was filed by the National Commission to Reform the High School, headed by B. Frank Brown of the Kettering Foundation, who had founded one of the nation's showcase high schools in Melbourne, Florida. The Brown group called for the reduction of the compulsory school-attendance age from 16 to 14 as one answer to the school's disciplinary problems. Brown recalled one visit to a city high school. "I talked to 13 girls before I found one who wasn't afraid to go to the rest room," he said. "They used the gas station across the street." No learning, Brown felt, could go on under those conditions.

Career education is not the same as vocational education, according to its advocates. They point out that most of today's graduates will change fields five to seven times during their lifetime, so that it is important to teach work values, work habits, and specific skills to all students—those who go to college as well as those in vocational education. And career education differs from vocational education, not only in that it includes students headed toward

continued

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The sunny floor that shines without waxing:

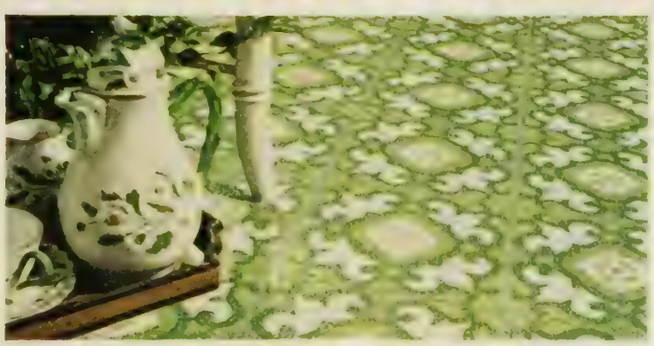
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continued

Career education

work requiring college degrees, but also because of its emphasis on the meaning and meaningfulness of work as part of one's leisure time.

"Career education is for all students," says Dr. Marland, who is now president of the College Entrance Examination Board, "including the many white and favored young people for whom the bachelor's degree has become almost a folkway without usefulness or meaning beyond the aspirations of parents, neighbors, and social expectations." Even prestigious Phillips-Exeter Academy at Andover, Mass., traditional prepping ground of the Ivy League, has recently instituted a career education program.

Nor does career education resemble the tracking system of European countries, in which students are selected out at an early age and directed into academic or vocational directions. Its aim is to avoid premature tracking by readying all for future careers.

How is career education different? And how might your child's schooling be affected? Although programs differ, here are some of the distinguishing features:

• *An emphasis on practical, rather than theoretical, learning.* "English composition" may be taught by job resumes, business letters, and job reports; mathematics as instruction in balancing a checkbook, understanding the figures of the national budget, counting and computing work materials. Teachers repeatedly point out the career applications of daily lessons. Dr. Scott Thomson, who initiated a model career education program as principal of suburban Chicago's Evanston Township High School before becoming an official of NASSP, suggests that even the teaching of literature can have a career application; students who are studying Jessica Mitford's *The American Way of Death,* for instance, might visit a funeral parlor to interview a mortician.

• *Off-campus teaching by nonprofessional instructors.* B. Frank Brown says, "We should stop thinking of the school as a fortress. Why should it teach auto mechanics when there are six better shops in town?" "The school building should no longer restrict learning," says Owen Kiernan of the NASSP, pointing out that a typical high school graduate has spent 12,000 hours in school, but 15,000 hours viewing TV. In many cities, students now receive instruction in offices, shops, and factories all over the town where they live.

The experimental system-wide program in Santa Barbara, California, teaches 26 occupational specialties within the school and has placed students in more than 20 specialties outside the walls, including watchmaking and repairing Mazda automobiles. Evanston Township has students in hospitals, gas stations, and retail stores. In Beaverton, Oregon, a special program has been set up for a student who spends four months a year with a ballet company. In all situations, off and on campus lessons are coordinated and supervised by a teacher, who often visits the student on the job.

• *Learning contracts.* Instead of requiring all students to cover a specified amount of material, individual contracts are drafted spelling out what students will be taught and what they agree to master by a mutually agreeable deadline. A typing student, for example, may sign a contract to type 50 words a minute by a certain date.

The contracts may be three-way, including school, student, and outside instructor. The garage owner may agree to teach the student auto repair, how to write job tickets, make change, and calculate labor time, and the school may agree to teach the academic skills to support these efforts. In Minneapolis, schools have drawn up contracts involving building-trades unions, who agree to teach such skills as bricklaying and masonry, and at Skyline High School in Dallas, a contract with RCA sets up and supervises a number of technical programs.

• *Performance evaluation.* "If you want to know whether a person has learned to swim," says Oregon's Robert Green, "you put him in the water. You don't give him a true-false test about swimming." Instead of asking that the student merely play back what he has memorized, most career-education programs insist that he demonstrate that he can apply his lessons. In the new Oregon plan that spells out competencies for graduation, for instance, a science student may be asked not only to identify scientific formula but to explain the harmful effects of certain substances he has learned about. A mathematics student may be required not only to show his theoretical ability to compute, but to show how to read a micrometer, run a transit, or balance a cash register tape at the end of a business day.

• *A service component.* Students are encouraged to do volunteer work in areas of civic responsibility, and to concern themselves —"to break down the teen-age ghetto," Scott Thomson says. They may receive school credit for such duties as working in an old-age home, helping in a nursery school, tutoring younger children or their own peers, or even working in a political campaign.

Under the Oregon GRASP (Government Responsibility and Student Participation) plan, juniors and seniors actually work in state government and even draft legislation. Evanston students perform community services four days a week, with a Friday seminar to discuss experiences. "They learn that the world is made up of many people with different ages and mental capacities than themselves," says Dr. Thomson.

• *Counseling.* The guidance counselor is central to a career-education program—but in a new way. "We try to bolster a child's self-image, not point him toward any particular career goal," says Clifden Purcell of the Santa Barbara program. "We want girls and minorities, in particular, to believe that they can fill any job they have the potential for, and that there are no limits on them." Counselors are encouraged to keep in touch with the job world as well as college admission standards, and many schools try to hire counselors who have had work experience. One of the Brown commission's chief recommendations was that all counselors have at least two years' job experience, not merely the teaching experience currently required.

One way to understand career education is to examine the program in Santa Barbara. In this Southern California coastal city, a federally funded career education experiment involves five elementary schools, two junior high schools, two senior high schools, and the community college. Teachers have been told to incorporate career discussions into everyday lessons, rather than set up separate blocks to discuss career choices. Career education specialists have been assigned to each school staff; a career education newsletter has been set up; special career information centers have been established in secondary schools. Each school is equipped with a portable conference phone so that classes may interview people actually on the job, and a steady stream of speakers is enlisted to come to the schools and talk about their own fields of work.

continued on page 18



Two sculptured, decorative braces enhance the textured charm of the Colonial Sampler Chandelier Ceiling.



Wood dowels attached to the bar ceiling hold stemmed glasses. Recessed lighting creates a shimmering effect.



A reembroidered fabric border stretched over a plywood frame outlines a tiny window. Lacy curtains complete the fantasy.



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A painted barrel is topped with stained plywood. Stock brass trim is tacked around the edge for an original game/dining table.

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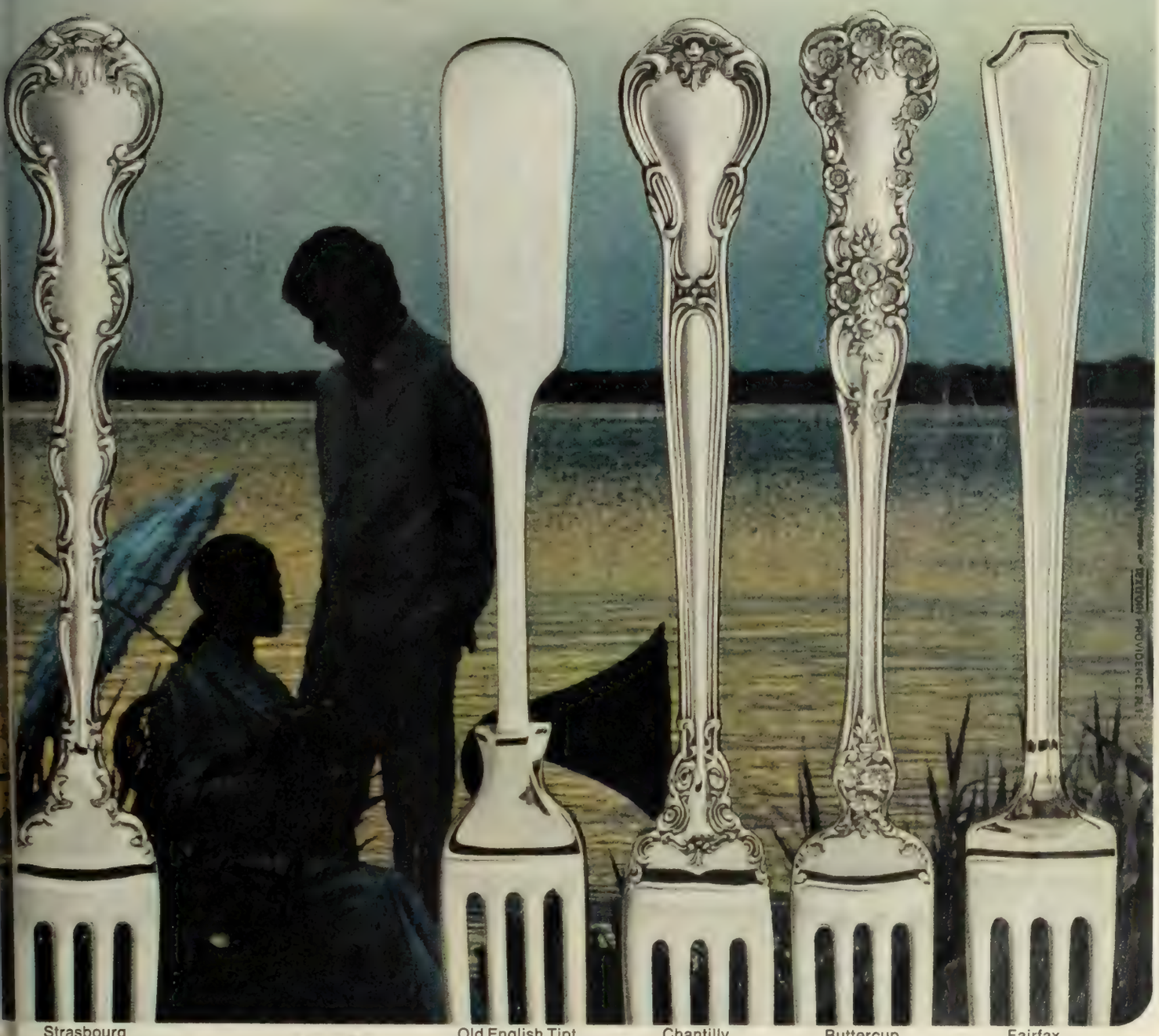
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Unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL

MUTUAL FUNDS: A NEW WAY TO GET HIGHER INTEREST

Recently, the highest interest rate paid on a regular bank savings account was 5¼ percent. True, with $1,000 or more you could have obtained up to 7¼ percent annual interest from a four-year savings certificate. But to get that higher rate, your money had to be locked in for the full four years. If you needed it ahead of time—even after three years and ten months—your total interest would be reduced to the lowest regular bank savings interest paid during the same period. In addition, you would be socked with a penalty for premature withdrawal—a further reduction, equal to three months' interest.

On the other hand, if you had had $100,000 up to a million dollars to plunk down (it doesn't cost anything to dream), you could have obtained from 7½ to more than ten percent interest on your money—with no strings attached. That was the rate paid by large-sum bank certificates of deposit (CDs), by prime corporate loans ("commercial paper"), and by U.S. government bills and notes—all of which are virtually risk-free and sold every day in our country's money market. In short, the larger the sum, the greater the price paid for your money.

But now the big news is that even the small investor can get in on these same high-interest benefits formerly available only to people with big money. That's because there's a new kind of mutual fund especially designed to take the pooled money of a lot of individual investors and put the aggregate into those same large-sum, high-interest bank CDs, U.S. government securities and similar investment vehicles. The minimum initial deposit you need to invest is from $1,000 to $5,000, depending on the particular fund, and with some funds you may add to your account at any time with as little as $100. **(Note:** Funds joining this market after we go to press may offer different terms.)

Like a conduit, these new short-term investment funds (sometimes called "money market funds") pass on to you the same interest rates that the funds obtain from their high-yield investment, minus a charge of up to one percent a year for management fees and operating expenses. (With some, there also may be minor broker and other trading fees.)

Thus, when recent interest rates for government securities and large-sum bank CDs ranged from 7½ to over ten percent, these funds were paying their investors from seven to nine percent on their money. One typical fund last year paid an overall net return of 7.66 percent interest for money that had been invested for the whole year, for example.

5¼
6½
7¼
8½
9¼
10%

Instant liquidity

A big advantage of these new funds is that you may pull all your money out on any day, week, or month—any time on instant notice. There are no penalties—with the exception of one fund, that may charge a one percent redemption fee if you peremptorily withdraw $100,000 or more in less than 90 days after you buy.

Furthermore, most of these funds are "no load"—there is no salesman involved, and consequently no sales fee to pay which you would not recoup when you withdraw your money. A few funds do charge a "load." However, you shouldn't automatically dismiss the idea of paying a sales fee. It can be to your advantage to have a salesman taking a personal interest in your account. One reason is because these funds are especially sensitive to how the money market is operating. A salesman may know better than you when it is time to take your money out and put it elsewhere.

What's the catch?

There's no catch so long as you remember that the interest rate you receive is neither fixed nor guaranteed. It's a variable interest return which could go up or down. In the future it might range within one to two percent of the highest interest rates paid on those large-sum government notes and bills, bank CDs, and other such securities. Putting it another way, the president of one such fund says, "We aim to beat the passbook rate for the little man." That means that you could expect—though again it's not guaranteed—a return on your money of from ¾ to three percent or more higher than the maximum rates paid on regular passbook savings accounts.

Despite the appeal of money market funds, you should also think of alternatives—before you invest, and even after you have invested. Depending upon the general financial climate and your own needs in the future, you may decide, for example, that tax-free bonds or notes better suit your income bracket and long-term goals. (You must pay taxes on the interest you earn on money market funds, of course.)

Do not overlook the stock market and regular mutual funds in the future, either. Even though the short-term money market funds may be yielding a good return, at some point it could be smarter for you to buy into an aggressive growth fund instead, as a hedge against rampant inflation. All such decisions, of course, require research and thought about potential risks and specific goals. Investigate carefully.

Incidentally, several money market funds are run by companies that manage other kinds of mutual funds, too. Companies that charge a load on their money market fund to begin with credit you with that fee when you want to switch to another fund. If your money fund is a no load, however, you must pay a sales fee the first time you switch to another fund within the company, presuming the fund calls for a fee.

How safe is your money?

Unlike money in most savings accounts, cash in these new funds is not government-insured. But an investment in such funds is generally considered almost risk-free because it is invested by the fund managers in such secure instruments as U.S. government bills and notes with the full force of the U.S. Treasury behind them; large certificates of deposits generally limited to those issued by the 50 or so largest and most prestigious U.S. banks; and sometimes, depending on the particular fund, in the notes of top corporations, like General Motors and IBM.

Some of the new funds invest only in U.S. government and top bank securities. As a result, they could be considered the safest—even though their yields at particular times may be slightly lower than those of the competition. (It is your job to determine such facts about a fund by reading its prospectus before putting money in it.

continued


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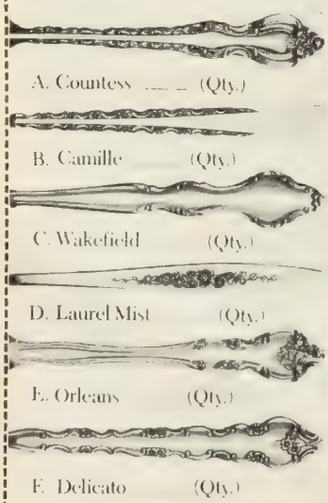


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continued

Mutual funds

Conversely, none of the new money market funds may legally invest in any stock or make any other speculative investments.

Which fund is best for you?

Choose carefully before you put money into a money market fund. Besides considering the kind of investments a particular fund may make with your money, also check the prospectus for the background and experience of the people running the fund.

None of the funds has been going long enough to show the kind of long-term track record that usually helps you judge funds. You can ask about recent net interest returns, of course—but do not fall into the trap of just comparing yields. A good fund will be concerned with preservation of capital and often may avoid higher liquidity risks in its portfolio, even though the fund's yield may not be quite as high. Be sure to inquire, too, about the possibility of switching from one kind of fund to another within the same company.

Finally, because of the fast-rising popularity of these new money market funds, a number of new ones are expected to enter the business. Some may be run by inexperienced men, so check out management carefully.

In order to do your homework, get information directly from several funds. Here are the names and addresses of some: **No load funds:** *Capital Preservation,* 459 Hamilton Ave., Palo Alto, Calif. 94101; *Dreyfus Liquid Assets,* 600 Madison Ave., New York, N.Y. 10022; *Fidelity Daily Income Trust,* 35 Congress St., Boston, Mass. 02109; *Money Market Management,* 421 7th Ave., Pittsburgh, Pa. 15219; *Reserve Fund,* 1301 Avenue of the Americas, New York, N.Y. 10019; *Temporary Investment Fund,* 1730 Pennsylvania Ave. N.W., Washington, D.C. 20006. **Load funds:** *Anchor Reserve,* Westminster at Parker, Elizabeth, N.J. 07207 (8¾% load); *Oppenheimer Monetary Bridge,* 1 New York Plaza, New York, N.Y. 10004 (4½% load; you pay an additional 4½% load when you purchase another Oppenheimer fund).

How do you invest?

Investments in a money market fund are made chiefly by mail, but withdrawals may be transacted by telephone or wire, as well as by mail. The instant-withdrawal feature makes such an account particularly inviting for keeping surplus cash fro checking account, from the of a house, from windfall ments, or any other such m you have in order to obta high interest return on it w you're deciding what to do it. Part, though not all, of long-term savings could be in such a fund or two, as

Be sure you continue to m tor the fund's performance, ever; these new funds have been around long enough to s conclusively how well they handle your savings over the term. Also remember it is alv a good idea to diversify, kee part of your savings in, say, highest interest bank acc available, and part in one or market funds.

Always remember that fu interest rates are unpredict They could go down as well —another reason you sh monitor a fund's performa carefully. Should rates drop siderably, affecting the retur your fund, you can of co take immediate advantage o liquidity feature. Just with your money with no penalty, transfer it to another fun bank, or whatever else l promising—and relatively se assuming that's your desire.

On the other hand, should terest rates shoot way up, shares in the fund may lose s of their principal value fo short time, since competitive struments might be paying m higher rates. You are fairly protected against severe los principal, however, thanks to fast roll-over of funds that money market instruments vide. Your only problem w be if you had to redeem y shares right away at a time w the principal had dropped tem rarily. Generally, waiting ju few days would bring a rise b to the original face value. ■

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Credit unions are cooperative

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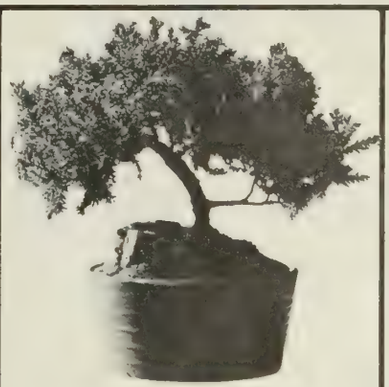
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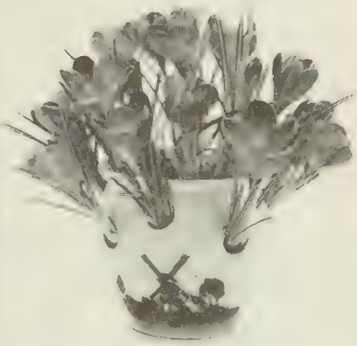
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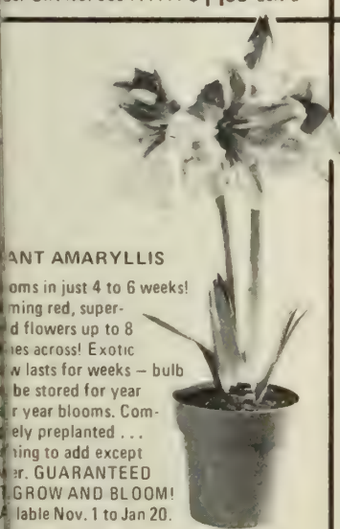
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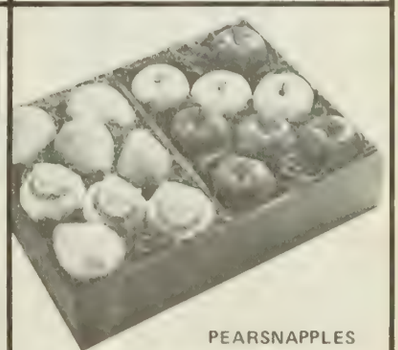
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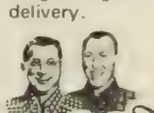
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Greetings to read: _____

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continued

Credit unions

which members pool their money and earn interest, for the most part by making loans to each other. In 1864 a man named Raiffeison started the first credit union in Flammersfeld, Germany. Germany was depressed and people had become indebted to ruthless moneylenders. Raiffeison's idea was to get the community to help itself, so he based the credit union on three principles. First, only its members could borrow from it. Second, loans would be given only for productive purposes, and third, a man's character was his security.

Even today some of these principles hold true. Credit unions may be federally chartered or state chartered. They are democratic organizations with directors elected from within. The key to credit unions is that they are created by people with a "common bond"—those who work for the same company, say, or belong to the same union, fraternal order, or special interest group.

In 1973, there were over 23,000 credit unions in the United States, with about 27.7 million members and approximately $28.6 billion in total assets. They handled about $24.6 billion in savings and made almost $22 billion in loans. The larger credit unions in the U.S. counted from 50,000 to over 200,000 members, with assets running from $65 million to $283 million. Some of the smallest had well under one hundred members and just a few thousand dollars in assets.

How do they operate?

When you join a credit union, you buy shares—usually about $5 apiece—and receive quarterly dividends. (Though called dividends, these are actually interest payments, and you must pay personal income tax on them, as you would for the earnings on any savings account.) In many cases, the number of shares you're allowed to buy is unlimited.

An especially attractive feature of a credit union is that dividends generally are high, compared to other short-term savings accounts. Often you'll receive dividends at an annual rate of over six percent. In fact, thanks to a recent change in the law, dividends can go as high as seven percent a year. What you actually receive depends, of course, upon such things as overhead costs and the local loan demand for your particular credit union.

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than the loan is costing yo
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the end of the fiscal year.
with higher interest loans
rebates help lower your b
ing costs.

Are credit unions safe?

As safe as any other saving
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chartered and their book
be audited each year. Al
federal and state gover
have made insurance o
shares mandatory. At p
your account is covered
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continued

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- Two incomes? Here's how to make the most of your money.

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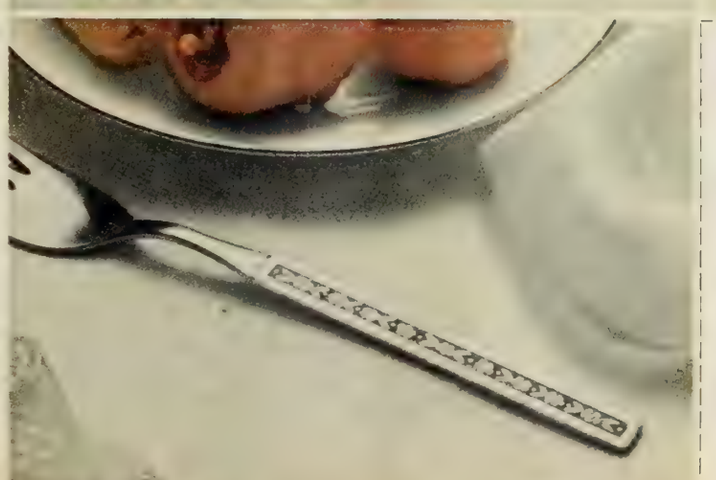
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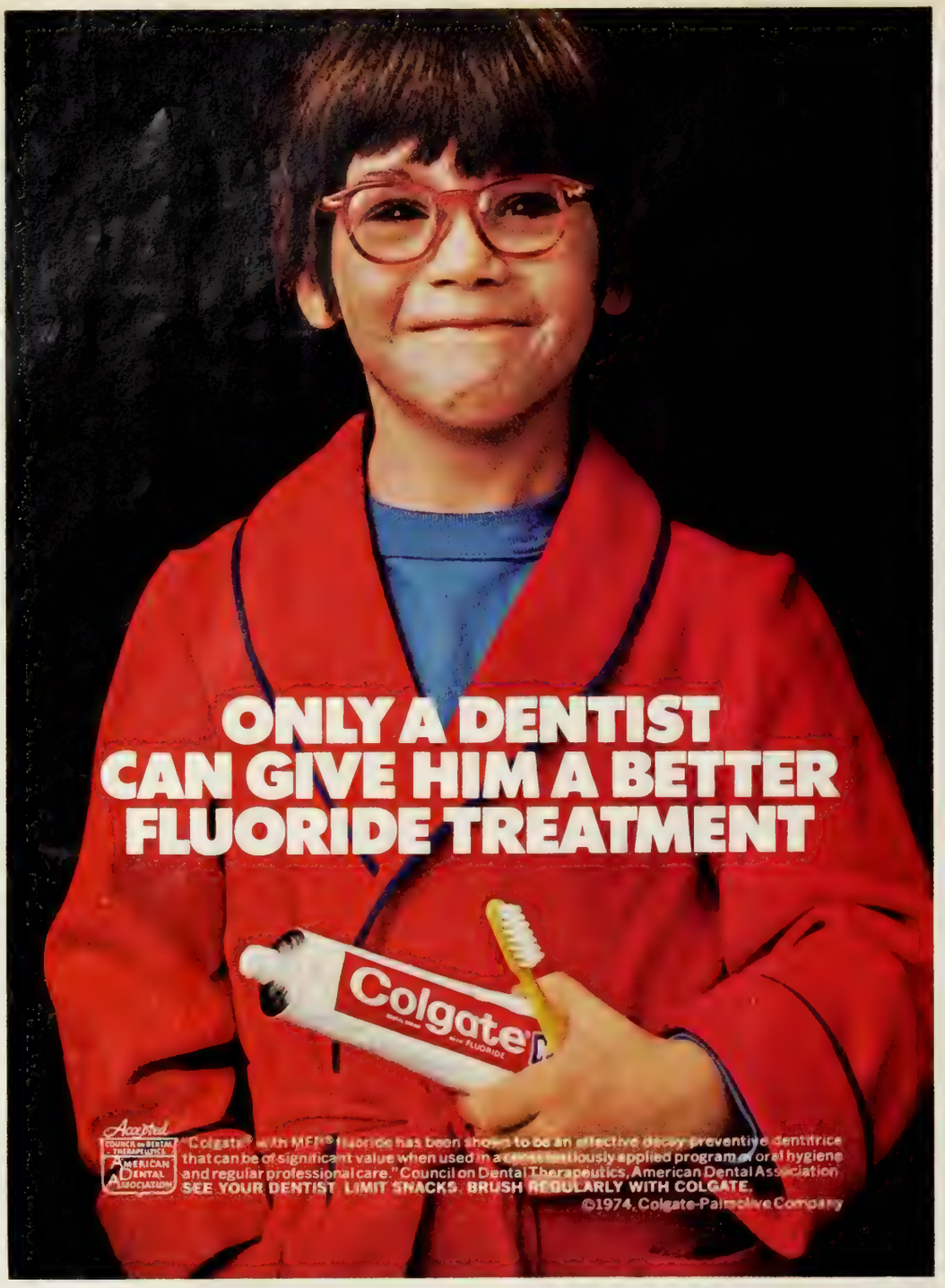
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continued from page 4

Career education

At the beginning of ninth grade, all students in the Santa Barbara program are profiled as to abilities, aptitudes, interest, work experience, course records, and goals. This material provides the basis for an extensive program of counseling. Work experience is introduced at junior high, and in the high school a placement office helps students find off-campus jobs that interest them. Teaching is focused on the 15 career clusters around which the entire world of work is said to be centered: communication and media, marine science, marketing and distribution, hospitality and recreation, transportation, consumer and homemaking education, personal services, construction, public service, manufacturing, agribusiness and natural resources, fine arts and humanities, health, environment, and business and office. Experiences are found for the student in his chosen cluster, and classroom work supports his outside learning.

How the classroom can be affected is demonstrated by the "curriculum strategies" furnished teachers by the office coordinator. Junior high English teachers might discuss relatively new occupations and the words applied to them, such as astronaut or paramedic. Students might choose an occupation and list the words that apply to it. An aspiring computer technician, for instance, might list digital, binary, software, hardware, printout, solid-state circuitry. The curriculum guide for fourth grade math suggests the following: develop a bulletin board or mural of all the careers where math is used. List math-related careers. Call a baker on the conference phone, and learn all the ways a baker uses math. Visit or call a brokerage firm to learn how the stock market works. Introduce percentage, profit, and loss; have the children set up a stock exchange and invest. Discuss how math is used in sports: keep score in a baseball game, learn to compute averages, keep football statistics. Hold a track meet and list the ways math is used. Invent problems related to jobs children might have: amount of profit on a paper route, baby-sitting, yard work, weekly allowance, and budget.

Most career education is aimed at high school students who are about to go out into the world, yet the changes affect the elementary schools, too. As Dr. Hoyt sees it, the place to begin introducing the values of work and "the idea that work is not a societal obligation, but a human right," is at the kindergarten level. Traditionally, elementary students learn about "community helpers," such as police and firemen; these students can be helped to understand that there are other important jobs as well, that even the home is a kind of workplace and that parents are workers. Career education advocates such as Dr. Hoyt suggest that throughout the grades outside visitors should be brought into the classroom to explain their careers and how various school lessons have to fit into them. In Santa Barbara the schools invite Spanish-speaking morticians, barbers, and veterinarians to explain their career requirements to minorities in their own tongue. High school students have videotaped interviews with varied workers and professionals who discuss their occupations.

And career education extends beyond the 12 grades of elementary and secondary school, too. Community colleges have led the way in organizing work-study programs that reach farm students in their dairy barns and police in police headquarters. A number of programs are devoted to retraining women for various careers. To Dr. Marland, career education is a lifelong concept with students dropping in and out of school as they discover that they require new skills to advance in their professions.

Is career education anti-intellectual? Not really. Even so staunch an advocate as Dr. Hoyt says, "There probably isn't too much career application in the study of Shakespeare, but I'd hate to see the day when it was not included in the curriculum." Dr. Marland maintains that the concept of career education was never meant to take precedence over the teaching of the arts and humanities, and that the tradition

continued

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continued

Career education

areas of teaching will continue to form the basis of education, overshadowing the related occupational development.

Another serious charge is that career education is anti-minority. In this view the schools are in effect downgrading academic education and the college diploma just when they are at last within reach of the black, the Spanish-speaking, the American Indian, and others. The minorities, it is said, are once more being tracked into vocational pursuits instead of being encouraged to seek higher education and broaden their horizons. These critics view dropping the compulsory attendance age as a thinly disguised way of getting minorities out of the classroom. And obviously, these same critics contend, career education is a middle-class idea; children from blue-collar families don't need to be taught what work is all about.

Another vocal area of opposition is organized labor, many of whose leaders are uneasy about the idea of sending students out to do part-time jobs that might be filled by a full-time employee. Addressing a career education conference last year, John A. Sessions, an AFL-CIO education official, backed up this change with an example. He postulated a situation in which a small coin laundry operator might undertake to train a student for four hours a day. "Do you think that he will then hire a full-time employee?" Sessions asked. The labor leader also strongly asserted that teaching should be left to professional teachers. "I have never milked a cow," he said, "but I am vain enough to believe that I could plan a better curriculum to do it than could most dairy farmers."

Nonetheless, career education seems to be—in Dr. Marland's words—"an idea whose time has come." And it will cast a long shadow across children's education for years in the future. The federal government, despite Dr. Marland's departure from HEW, is aggressively promoting career education programs, with more than $10 million budgeted in the fiscal year 1975 for career education experiments alone. An additional $40 million is being allocated by the federal government to states and local schools and colleges on their own development work.

Meanwhile, results from Santa Barbara indicate some of the beneficial effects of career education. A comparative study revealed just half as many truancies and significantly higher achievement levels in mathematics and language among career-education students than among those students who were taking conventional courses. While coordinator Purcell is understandably cautious about interpreting these results, he notes that the possibility of their occurring by chance is about one in 100.

According to Dr. Hoyt, you can tell if your community has an ongoing career education program: it has if there exists collaborative relationships between the educational system, the business-labor-industry-professional community, and the home and family structure in emphasizing relationships between education and work.

"I often see comprehensive career education as efforts in five specific areas," says Dr. Hoyt. One, the classroom teacher who teaches career implications of his or her subject matter. Two, vocational skill training. Three, involvement of the business-labor-industry-professional community. Four, career development programs (including career guidance, counseling, placement, and follow-up). And five, involvement of the home and family structure.

The shift of American schools toward a more practical orientation may be just beginning. Dr. Thomson foresees a future role for the school as a kind of honest broker, designing and planning individual education programs for students and often enough directing them to other sources for actual training. Ninety percent of the school's job, in this view, would be guidance and direction. "The schools would do the diagnosis," says Dr. Thomson, "and everyone knows that the physician who makes the diagnosis is the most valuable member of the team." ■

(Written in cooperation with Edwin Kiester, Jr., a noted free-lance writer, specializing in health and education subjects.)



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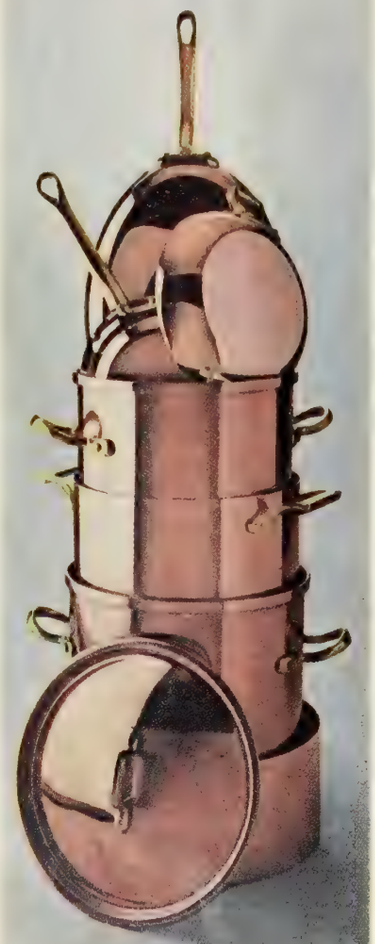
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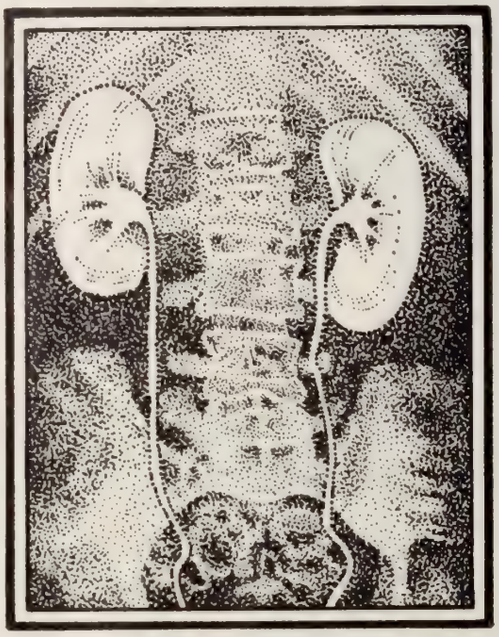
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KIDNEY DISEASE:



FACTS YOU SHOULD KNOW

Of all the parts of the body, the kidneys are among the most central to life—and yet among the least understood. If these two bean-shaped, fist-sized organs fail in their task of cleansing waste from the system, death follows inexorably.

Sixty thousand Americans a year die of kidney failure; eight million more are estimated to suffer from disorders of the kidney and the related urinary system. Kidney diseases are among the most serious of the afflictions of man, attacking all ages, nationalities, and socioeconomic groups. Yet contrary to some popular opinion, not all these diseases carry an inevitable death sentence.

Great strides have been made against kidney problems in the last decade and a half—from the development of the artificial kidney and the mastery of the successful kidney transplant to some understanding at last of the role of heredity and the mysterious origin of some kidney diseases. This research continues to advance with great vigor. Recently, the first wearable artificial kidney, weiging only five pounds, was announced by Dr. Willem Kolff of the University of Utah, one of the pioneers of modern medical technology.

Not everyone is aware of the progress against kidney disorders —or of the importance of early discovery and prompt treatment. Partly out of fear and partly out of ignorance, many people do not seek medical aid as quickly as they should when they have obvious symptoms of kidney trouble. It is important for every family to understand the kidneys, their functions and malfunctions, and to be alert to possible trouble. Here, in layman's language, is what you ought to know:

How do the kidneys work?

Sometimes called the "master chemists of the body," the kidneys filter harmful substances out of the blood and maintain the body's delicate chemical balance. They are located on either side of the spine, and each contains a million working parts called nephrons, consisting of a tiny tuft of blood vessels and membranes called a glomerulus and an attached tube called a tubule. Blood comes from the body's main artery, the aorta, and—through a series quisitely precise tions—is separate fluids which are through the glo membranes, into bules. Impurities— products from the metabolism and water—are straine be removed as uri remainder of the c blood is returned circulatory system main vein, the ve About 175 quarts ter and salts through the nephrons every 24 hours. two quarts are flushed through the ureters, the b and the urethra as urine.

The kidneys are rem strong and resilient orga such recuperative power one of them is damaged, t takes over, without seri pairment of normal fu Thus some persons live t tire lives with only a sing tioning kidney and ar aware of it—and transp nors give away a kidney endangering their future When kidney function f tially or completely, how results can be life-thre This condition is called u literally, urine in the blo is not itself a disease but t the result of a disease or a Water, salt, and toxic su then gradually accumula body, upsetting the chem ance and, if unchecked, w on headache, nausea an ing, convulsions, com eventually death. c

Drawing: Hellman Design Associates

Typical symptoms of kidney disease

In adults

- puffiness around the eyes
- swelling of the abdomen, ankles or feet
- bloody or tea-colored urine
- frequent, urgent, or painful urination, especially at night
- lower back pain just below the ribs
- chronic fatigue, headache or backache with other symptoms

In infants

- fever or irritability
- failure to eat or sleep well
- poor growth
- discolored urine or sudde change in urinary habits

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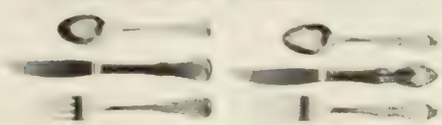
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continued

Kidney disease

In cases of accident—certain types of poisoning, for example, or incompatible blood transfusions—the shutdown may be abrupt, a condition called acute kidney failure. With prompt, skilled medical attention, plus use of the artificial kidney to temporarily substitute for the impaired organs, victims whose kidneys were previously healthy generally recover from such dangerous episodes.

What are the diseases of the kidney?

The words "kidney disease" have a frightening ring, but, as one official of the National Kidney Foundation declares, "Saying a person has kidney disease is like saying he has car trouble." There are dozens of "diseases of the kidney," but by no means all of them are death-dealing. Most episodes are mild and of short duration, and the patient suffers no lasting kidney damage. Moreover, as research continues, kidney specialists recognize that many conditions once labeled kidney disease are in fact clusters of symptoms which may arise because of problems quite apart from the kidneys.

Diseases of the kidney are often classified into three main types—infectious diseases, primary noninfectious diseases (those arising within the kidney), and secondary infectious diseases (those arising elsewhere in the body but affecting the kidney secondarily). At least 50 conditions fall within these groupings. These are the ten most prominent:

1. *Pyelonephritis* is the most common infectious disease of the kidneys, at all ages. It is a bacterial infection of one or both kidneys, caused by microorganisms either carried to the kidneys in the bloodstream or "colonized" from an untreated infection lower in the urinary tract. The condition usually can readily be cleared up with antibiotics—if detected. Unfortunately, many cases present no symptoms until some kidney damage has occurred. Victims are warned early by signs similar to those of other infectious diseases—chills, fever, backache—plus painful urination. But in many cases, these symptoms do not appear until late in the course of the disease.

2. *Lower urinary tract infections,* which may precede kidney infection, are themselves a major health problem. Women are especially vulnerable. In fact, these infections are 30 times more common among women of adolescence or beyond than among men. According to Dr. Calvin Kunin of the University of Wisconsin, a leading authority on the subject, urinary tract infections are the second leading cause of work time lost in the United States. They also are a major source of pain and discomfort for women.

Urinary tract infections may go unnoticed for months or even years until they have colonized infections elsewhere. The National Institute of Arthritis, Metabolism and Digestive Disease, the federal research agency which concerns itself with kidney and urinary problems, estimates there are 3.3 million undetected cases of urinary tract infection in the U.S., 90 percent of them in women.

3. *Glomerulonephritis,* once simply called "nephritis" or "Bright's disease," is an inflammation of the glomeruli in both kidneys. It can be either acute or chronic. The acute form is most common in children, usually as the delayed aftermath to certain kinds of "strep" infection.

Red or tea-colored urine and puffiness around the eyes signal the attack. It may last a few days to a few weeks, and may flare up again later. But fewer than five percent of the victims, according to Dr. Ira Greifer of Albert Einstein College of Medicine, medical director of the National Kidney Foundation, suffer lasting kidney damage or go on to develop the chronic form of the disease, and these can usually be identified at the onset of the disease. Acute glomerulonephritis cannot be cured; antibiotics given at the time of the original "strep" may prevent it.

Chronic glomerulonephritis may show no symptoms for years, but during that time it can cause slow, progressive damage to the kidneys. About one-fourth of terminal uremia cases—those who will die if not treated by artificial kidney or kidney transplant—are victims of chronic glomerulonephritis; others suffer from high blood pressure, which is frequently associated with it. There is no known cure for the disease, but its advance may be slowed by diet and drugs.

4. *Nephrosis,* or nephrotic syndrome, results from leakiness of the glomerular membrane, which permits large amounts of protein to escape from the blood into the urine. Water and sodium then accumulate in the body, especially around the ankles and feet, the abdomen, and around the eyes—a condition called edema. Nephrosis is more common in children than in adults, but occurs in all ages. Nephrosis cannot always be cured, but certain synthetic steroid hormones, such as cortisone and prednisone, which are akin to the natural hormones secreted by the adrenal glands atop the kidneys, can partially or completely suppress some forms of it, so that the victims can lead normal lives.

5. *Kidney stones* usually occur in adults. The stones are solidifications of calcium salts, uric acid, or other substances which may collect within the kidney or elsewhere in the urinary tract, obstructing the normal flow of urine. Pressure from the dammed-up urine, or infections which develop behind the blockage, may then cause severe pain or damage to the kidney.

Stones may be as small as a pinpoint or as large as a walnut. A common lodging place is at the entrance to the ureter, connecting the kidneys and bladder, or at the entrance to the bladder itself. Although the

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Kidney disease

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Dr. John P. Laragh
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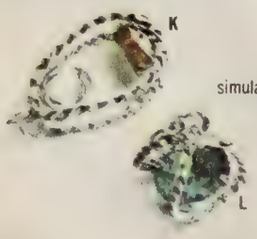
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continued

Kidney disease

the cardiovascular system, says that kidney malfunction and subsequent release of angiotensin is strongly implicated in "essential" hypertension, the high blood pressure without known cause that may affect 15-20 percent of the population. In severe and rapidly advancing cases of hypertension, it is usually damage to the kidney that brings on death. About 35 percent of kidney deaths can be attributed to hypertension.

8. *Diabetes and arteriosclerosis* also are related to kidney malfunction. According to Dr. Greifer, diabetes produces scarring of the kidney tissues which interferes with their function; some diabetics are being treated by the artificial kidney or a kidney transplant in an attempt to minimize this damage and keep the body chemistry in balance. Arteriosclerosis attacks the small blood vessels of the kidney as it does others in the body. Other systemic diseases which affect the kidneys are lupus erythematosus, syphilis, gout, and certain forms of cancer.

9. *Structural abnormalities and obstructions* caused by conditions elsewhere in the body also may disrupt kidney function and cause damage. According to one estimate, 14 percent of infants are born with some defect of the kidney or urinary system, although only five percent of these defects can be considered serious obstacles to proper function. Often the defects go unnoticed until an infection, stone, or other problem arises and some damage has been done. That's why doctors frequently order an X ray of the urinary system for a child with a kidney or tract infection—especially for a boy. The most common defects are a narrowed opening at the kidney's outlet to the ureter or at the bladder entrance; some infants also are born with an "extra" ureter. Most of these defects can be corrected surgically without difficulty.

10. *Benign or malignant tumors* also may develop within the urinary tract, interfering with the normal flow of urine. Or a growth in a neighboring organ may press against the tract and squeeze the passageway. Or spinal cord injury or scar tissue from surgery on another organ also may cause an external obstruction. And undoubtedly the most common form of obstruction is that caused by enlargement of the prostate gland in men over 60. This condition can constrict the urinary canal and cause a backup of urine

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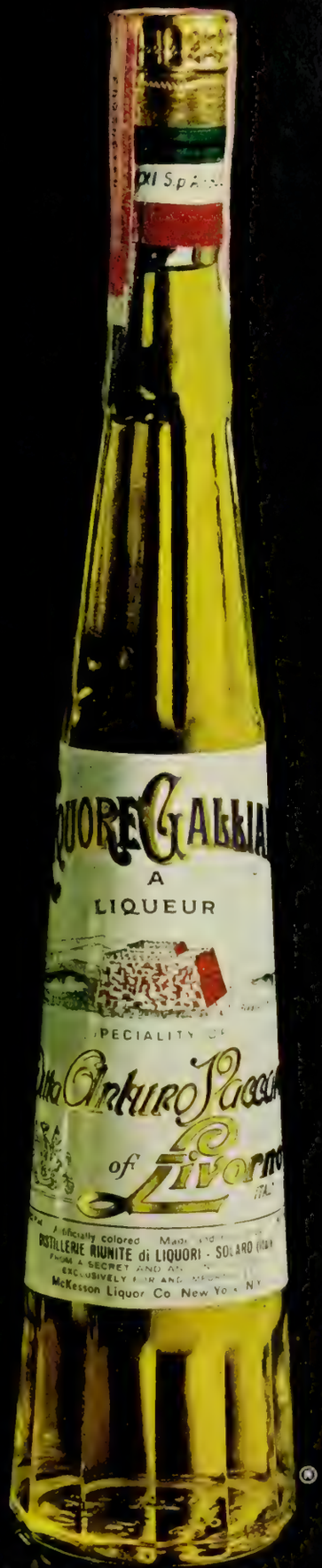
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1 oz. cream
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continued

Kidney disease

alysis regularly in hospitals, special dialysis centers, and in their homes. Some have been receiving treatment two or three times a week for six hours at a time for as long as 11 years. And although the patients would die without this treatment, they have been able to lead relatively normal lives, some holding full-time jobs.

A recent amendment to the Social Security Act placed all dialysis patients, reg age, under Medicare, nating one of the majo to its use—the stagg In the past, as many persons a year could for kidney dialysis be could not afford it. are estimated to cost $35,000 a year in a h slightly less in a treatm Home care, now rapic ing, costs only about year after the initial $3,000 or more for t itself. Four to six week training for the pati relative are needed bef treatment program ca that, not every patie cally or psychologicall home care.

The first success *transplant* (between twins) was conducte Bent Brigham Hospit 1956—and more t persons whose own failed have received placements since. Th stacle to transplant mains the body's im tion, which implacab replacement kidney way it fights off inva However, the succ steadily climbing, th munosuppressive dr down the reaction an typing," which enab to more closely matc of donors and patien percent of transpl when the donor is sister, about 80 perce a parent, and 55 to a non-relative. M have enjoyed long lives with transplant en, in fact, have babies. And some pe ceived a second—or —transplant after been rejected.

Transplant is stil monly prescribed f tims than older one their 50s and 60s as well to the surge patible donors are to locate. Children, prepared for transp as it is evident that is progressive, so t be restored to a h remaining problem plant, and a seriou lack of suitable do given time several sons may be waitin pitals for a kidney type. The National dation has organize organ donor progr ables people to stipu kidneys be made transplant at their

(Written in cooper win Kiester, Jr.)



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dered Sugar Frosting

xer bowl, cream to- r or margarine and ght and fluffy. Add a time, beating well tir in vanilla. Stir to- ngredients; gradually med mixture. Chill ughly, 3 to 4 hours. loured surface, roll nch thick. Cut with ped or round cutter. greased cookie sheet 6 to 8 minutes. Cool rost with *Powdered ing.* Decorate faces candies, and marsh- kes 5½ dozen.

Powdered Sugar

dd enough light 4 to 5 tablespoons, ted powdered sugar reading consistency. t, 1 teaspoon vanilla, llow food coloring, red food coloring. y onto cookies.



OLLIPOPS
ounces) red
andies
rn syrup



Butter bottom and sides of heavy 2-quart saucepan. In buttered saucepan, combine candies, syrup, 1 cup water, and dash salt. Cook, stirring constantly, till candies dissolve and the mixture boils. Continue cooking, without stirring, till mixture reaches the hard-crack stage (300°). Remove from heat. Arrange wooden skewers 4 inches apart on buttered cookie sheet. Drop hot syrup from tip of tablespoon over the skewers to form 2- or 3-inch suckers. Wrap each candy individually in clear plastic wrap, if desired. Makes 2½ to 3 dozen candy suckers.

Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

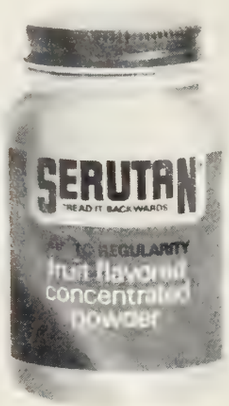
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This month we'll explain the care and k ing of guinea pigs, han sters, and rabbits. Nex month we'll check you on other popular caged pets: gerbils, mice, and rats.

How to care for caged pets

Turn a kid loose in a pet shop and you can bet he'll head for the cages containing little "furries." Each year, more and more pet shoppers are bringing home small-cage creatures—gerbils, hamsters, guinea pigs, mice, rats, and rabbits. And there are some very good reasons for the growing popularity of these pets. They're fascinating to watch, inexpensive to buy, require minimum space and care, and are perfect first pets for kids.

If you receive a sales pitch from your youngster, here's what you'll want to know about the pet under consideration:

Guinea pigs

These pets are related to the porcupine and are midway between rabbits and mice in size. No one is quite certain how the small, friendly animal became known as a "guinea pig" because he's certainly not a member of the pig family, nor did he come from either Guinea or New Guinea. (Ancestors of today's pets came from Peru.) Scientifically, this animal is known as *Cavia cutleri;* commonly he's known as a cavy by breeders and zoologists.

Cavies, or guinea pigs, will grow to be about ten inches long and weigh in at 34 to 42 ounces. They have a long life-span, usually over seven years. As pets, they're very gentle and friendly, never scratch or bite, and are odorless when kept clean. Cavies are not known for their intelligence, but for their affectionate natures.

Housing for your cavy doesn't have to be elaborate. These little animals don't climb, jump, or gnaw on wood, so simple accommodations will do. The cage should be cozy, waterproof, and ventilated. It should be placed where it's not exposed to drafts, moisture, and extreme temperatures. Don't expose your cavy to temperatures below 60 or over 90 degrees.

Each cavy requires a minimum of one square foot of floor space and one cubic foot of air space in a cage.

Use cedar shavings for bedding in the cage and clean the cage at least once a week, more often if possible.

Keep the cage locked to keep out dogs, cats, or other animals. Cavies are not fighters and have no means of self-defense.

Selecting a cavy may be more difficult than caring for him. You have a whole palette of colors to choose from, and several different breeds, usually distinguished by the length and texture of the hair. The three basic breeds are the long, smooth-haired Angora or Peruvian cavies, the short, smooth-haired English or Bolivian types, and the short, rough-haired Abyssinian cavy.

Buy your cavy from a reputable pet store and be alert for any signs of ill health such as a runny nose, dull eyes, or scrawny body.

Feeding a cavy is simple. He's a strict vegetarian who could almost subsist on lawn clippings if he had to. But for a healthier, livelier pet, a varied diet is best. Feed your cavy commercially prepared food which is fortified with vitamin C—or feed him equal amounts of fresh vegetables and dry foods such as timothy hay, oats, dry corn, bran, barley meal, or dried breads. The only vegetables the cavy doesn't care for are onions, peppers, and potatoes. Always use clean fresh foods, never frozen foods. Suspend food cups from the cage walls so the food won't become contaminated.

Like most of these small pets, cavies don't drink a large amount of water. In fact, they can live without water if fed only green vegetables. Even so, make your pet has water availa fresh supply every day.

Cavies are susceptible to monia and colds so avoi temperatures, dampness, and unsanitary conditions symptoms of bronchial t are a dry, husky cough and nose. Check with your vet ian or pet shop owner abou edies. Diarrhea may plague cavy. If this happens, disco feeding leafy greens and c your veterinarian.

Breeding can add an inter dimension to owning They don't breed as often a other small rodents and smaller litters, so overpopu isn't such a serious problem period of gestation is abo days and litters range from six cavies, averaging thre males will breed for three a casionally up to five years.

Hamsters

A hamster is another member of the rodent fami looks like a cross between a mouse and a small guinea p comes in a variety of colo was first introduced to this try in 1938, primarily for l tory use, but by 1947 this f little fellow was taking t world by storm.

If you need a little conv here's a rundown on this pluses. A hamster is easy t for and needs no groomin a healthy and odorless a harbors no fleas or parasite contracts no ailments whi be passed on to human bein loves to be petted and he's watch. He'll stuff his pouches with food till hi looks like a balloon, and th to a corner of his cage to his booty.

The only way this pet c more enjoyable would be slept days and were ac night the way he is. He's most of his antics in the time, but there's still plenty

continued on page 38

Top Choice® Burger on the left. Hamburger on the right.
Or is it hamburger on the left and Top Choice on the right?



nes® Top Choice® Burger
looks so much like ham-
's hard to tell the difference.
nade with beef by-products
eef, so it's moist and meaty.
en holds together like real
er.
t's better for your dog.
00% Complete and
alanced Nutrition.
use it also has vitamins,
and protein for the 100%
and balanced nutrition
er doesn't have.

Top Choice for your dog? Or hamburger? We think the choice is simple.

Oh, and to clear up the confusion, it's Top Choice on the left.



Top Choice. For dogs who love hamburger. It's better for them.

GF
GENERAL FOODS



continued

Caged pets

tion in the daytime to amuse all the members of the family.

Housing your hamster calls for a cage, but the cage type is entirely up to you. The most popular commercial hamster cages are those made of metal and equipped with a bottom that slides in and out for cleaning. The new plastic modular confinement systems simulate the hamster's underground habitat. Plastic tunnels and tees connect the basic transparent home with various satellite houses. Your children can see in, the pets can see out—but can't escape. Best of all, these hamster cages are very easy to keep clean.

Bedding should be one or two inches thick and absorbent. Use wood shavings, commercially prepared hamster litter, or newspaper. Many hamsters prefer newspaper because they like shredding it. The only problem with paper is that it's not quite as absorbent as other bedding materials. Never use fabric in a hamster's cage. He'll chew and swallow it—and it's very hard on his digestion.

Place your hamster's cage in a warm spot, free of drafts and out of the sunlight. A sudden drop in temperature can cause a hamster to go into hibernation. If this happens, "thaw" him out with your body heat by holding him in your hands. Because hamsters are basically nocturnal animals, you'll get more action from him if you keep his cage in a dark corner. If you put him in the sunlight, he'll sleep.

Clean your hamster's cage thoroughly once a week, more often if the bedding becomes damp.

Hamsters love to dig so if you really want to pamper your pet, make a sandbox for him. Any kind of box filled about a foot deep with sand and surrounded with newspaper will do. Let him burrow all he wants, but keep your eye on him to make sure he doesn't escape.

Choose your hamster carefully. Your pet should be between five and eight weeks old when you buy him. To make sure he's in good shape, look for friendliness and general signs of health such as soft, sleek fur, clear, sparkling eyes, and a feeling of solidity.

Next look at the nose, feet, and belly. Pimples or other blemishes may be signs of mange. A runny nose, watery eyes, or wet tail is also reason for disqualification.

When you've spotted a hamster that looks good, have the pet shop owner pick him up. If he seems frightened or tries to bite, choose another animal. An untamed or unfriendly hamster will only be a disappointment as a pet.

Male or female? It doesn't matter much, except females may become less friendly as they grow older, while males are almost always docile.

Caution: Anyone contemplating a hamster as a pet should be aware of the following warning issued by the U.S. Department of Agriculture: "Breeders of Hamsters are cautioned to prevent the escape of any of these animals. Such release under favorable conditions might establish the Hamster in the wild and thereby create a serious rodent problem since they are destructive to growing crops, gardens, and other agricultural enterprises. Purchasers should be aware of the danger of escapes, and make every effort to prevent the establishment of a wild colony."

Handle your hamster gently. If he doesn't scurry away from your hand, let him see the back of it for a minute or two, then close it gently around his entire body so he's cradled in your fist. Don't pick up your hamster by bringing both your hands together on his sides and scooping him up. Make sure he doesn't fall. Unlike cats, hamsters can't turn in midair and land on their feet, so a fall might be fatal. And because they're natural burrowers who don't depend much on vision, hamsters don't see very well either—so don't leave your pet unattended on a high table or shelf. He might fall off the edge.

Feeding your hamster is easy. If you use commercially prepared hamster food, feed about a tablespoonful a day per hamster. The food dish doesn't have to be big, but it should be attached to the cage to prevent tipping.

If you're feeding your hamster something other than commercial hamster food it should be high in grains like wheat or corn, seeds like sunflower seeds, and occasionally fresh greens and fruit. The bulk of his diet should be dry, due to his hoarding ha

continued on page 133

Great news for mothers of cavity-prone children!

Most children don't brush properly or often enough. That's why the dental scientists at Lever Brothers invented a new fluoride dentifrice called Aim®. If you have children, read on:

ost cavities happen between the ages five and fifteen.

You're a conscientious parent. You ake your children brush with fluoride othpaste. You don't question fluoride's fectiveness.

But they still seem to get more cavi-s than they should. Why?

Could be your children have poor ushing habits. Could be they're also ting too many sweets. And they prob-ly don't brush properly or often enough. rveys show the average child brushes s than 30 seconds at a time. Shocking!

How new Aim encourages children to brush longer.

ntists have long stressed that there's better cavity prevention than brush-. Even a fluoride toothpaste can't do best if a child brushes too briefly or infrequently.



Children prefer Aim 2 to 1 over the leading fluoride pastes. Chances are, the better a child likes his toothpaste, the longer he'll brush.

That's why Lever scientists en-ced Aim's fluoride formula with fla-ing compounds known to be especially appealing to children. The results were astounding.

In tests with 1,300 children, Aim was preferred 2 to 1 over the leading fluoride toothpastes. Chances are, the better a child likes his toothpaste, the more thoroughly he'll brush.

Why new Aim is a gel, not a paste.

The speed at which a toothpaste dissolves is called the "Dispersal Rate." Because Aim is a gel, not a paste, it has an exceptionally fast dispersal rate.



Aim's new clear blue gel formula spreads faster than paste.

This means when a child brushes with Aim, it spreads its good taste faster than paste in the normal brushing time.

Unique gel formula is low in abrasion.

In order to clean teeth, all toothpastes must be somewhat abrasive. That's how they keep teeth clean.

But many mothers are concerned about abrasion. So Lever scientists designed new Aim to be among the lowest in abrasion of all leading toothpastes.

Aim has stannous fluoride, the proven cavity-fighter.

A child in the cavity-prone years needs all the help you can give. Be sure his toothpaste contains an anti-cavity ingredient that's been established as effective by dental research.



Aim has the precise amount of stannous fluoride established as effective against decay.

Stannous fluoride has been researched more thoroughly than any other anti-cavity ingredient. Aim has the precise amount of stannous fluoride established as effective by dental authorities in reducing tooth decay.

Ask your dentist about Aim.

Add it up: A flavor to promote better brushing. A gel that disperses faster and is low in abrasion. The precise amount of stannous fluoride established as effective against decay.

Like any dentifrice, Aim can be of significant value only when used conscientiously in a program of good dental care and regular visits to your dentist.

If you have a cavity-prone child, ask your dentist about Aim.

Take Aim against cavities!





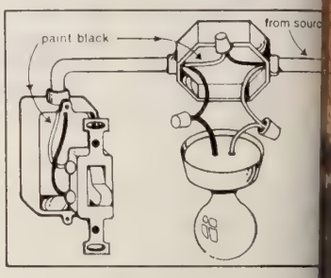
ELECTRICAL HOW-TO:

Replacing a pull-chain with a wall switch

You can banish one of life's petty annoyances: fumbling for the pull-chain that controls the ceiling light in your closet, laundry room, attic, or wherever. All it takes is a wall switch beside the doorway. The conversion shouldn't be difficut if you follow these simple instructions. Just be sure that local codes allow you to make your own wiring alterations.

First of all, it's important to understand the two wires connected to the fixture—a "hot" wire that brings the power to the light, and a "neutral" wire that completes the circuit back to the distribution box. In newer homes, the wires are color coded and easily identifiable—black for hot and white for neutral. In older installations, however, the wires may look the same, and you'll have to know which is which before you begin connecting them to other wires. To identify the wires, you either can use a gadget called a neon tester, or put together your own simple apparatus. Neon testers, available at most electrical outlets, are inexpensive but they're som tricky to use, so be sure to follow rections carefully.

If you decide to rig up your ow gear, all you'll need are a long piece wire and a light bulb in a lamp so which two six-inch pieces of in wire are attached. Bare both ends #14 wire and the two ends of the connected to the socket. Disconn



two wires at the light fixture, being larly careful not to touch both at t time or touch either to the metal b an extra margin of safety, you can the power to this circuit before h the wires, then restore the powe you're ready to test the wires.) Con end of the long wire to somethin grounded—that is, a furnace re faucet, or a drainpipe (assumin plumbing is not plastic). Connect t end of the long wire to one of the tw at the socket. Now touch the othe wire to the two wires coming into fixture, one at a time. The wire th the bulb is the hot one.

Run nonmetallic sheathed cable codes permit) between the fixture a new switch. Because *switches ar only into hot lines,* both wires in t will function as if they're black (ho —one to take the current to the sw other to return it to the light.

Following the diagram above, white from cable to black (ho source, and black from cable to th colored screw on the light fixtu light would work just as well if t wire were connected to the other silver in color—but proper practi ways to run hot lines to brass te neutrals to silver.) The other sid light—silver-colored screw—can connected to the white (or neut going back to the source. At the as with the light fixture, it doesn which wire goes to which screw, it's generally accepted that on which have both screws on one incoming hot wire (in this exampl is attached to the top screw. (Some don't have screws; instead, t equipped with slots that accept the ends of the wires.)

It's a good idea to dab black p wrap black tape—on the white each end of the cable, so they won taken for neutrals.

Now your wiring job is compl the power coming directly to th then back to the light before ret the original source. ■

Chocolate. Strawberry. Vanilla. United they bake.



Here's the triple appeal of neapolitan ice cream making a delicious appearance as cake. Begin with a Betty Crocker® white or yellow cake mix and follow our Great Neapolitan Bundt Cake recipe. Better make extra copies for your friends, though. This cake is that good.

You can make the best things with a Betty Crocker cake mix.

The Great Neapolitan Bundt Cake

1 package Betty Crocker® white cake mix
1 cup water
¼ cup salad oil
3 eggs
1 teaspoon strawberry extract
12 drops red food color
¼ cup chocolate-flavored syrup
Chocolate Glaze (below)

Heat oven to 350° (pans with non-stick finish—325°). Generously grease and flour 12-cup bundt cake pan. Blend cake mix (dry), water, oil and eggs on low speed until moistened; beat 3 minutes on medium speed. Pour ⅓ of the batter (about 1⅔ cups) into pan. Measure ½ of the remaining batter (about 1⅔ cups) into small bowl; stir in strawberry extract and food color. Carefully pour into pan. Stir chocolate-flavored syrup into remaining batter; carefully pour into pan. Bake *40 to 45 minutes* or until top springs back when touched lightly in center. Cool 10 minutes; remove from pan. Cool completely. Spread cake with Chocolate Glaze, allowing some to drizzle down side.

Chocolate Glaze: Mix ⅔ cup confectioners' sugar and 3 tablespoons chocolate-flavored syrup until smooth. If necessary, a few drops water or small amount of confectioners' sugar can be added until desired consistency.

NOTE: You can substitute yellow cake mix for the white cake mix. Increase water to 1¼ cups.

HIGH ALTITUDE (5000 feet): Heat oven to 350°. Stir 2 tablespoons flour into dry mix. For white cake mix, increase water to 1 cup plus 3 tablespoons. For yellow cake mix, increase water to 1¼ cups plus 2 tablespoons. Continue as directed.

Look for other delicious recipes on all of our cake mix packages.

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FAMILY FOOD IDEAS

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Don't let any spot set. Lift it out instantly with K2r.

The trouble with spots is—the longer they set the harder they are to get out.

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The closer you are to K2r, the quicker you're cleaner!

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If you can build a box you've got it made

Mr. David Ashe
Projects Designer
Better Homes and Gardens
Des Moines, Iowa 50336

Dear Mr. Ashe:

It's all your fault. Until I read your article in the April, 1973 issue of "Better Homes and Gardens," I was a reasonably happy, contented housewife. I cooked, I sewed, I took care of our two children. I thumbed my nose at news of Women's Lib—that is until your article appeared.

The picture on page 92 was the start of my downfall—a bright yellow desk made from two filing cabinets and a hollow-core door, with bookshelves on top. It was just what I needed. Below it, your words jumped out at me: IF YOU CAN BUILD A BOX, YOU'VE GOT IT MADE. I devoured the rest of your article and made a mad dash for my tape measure.

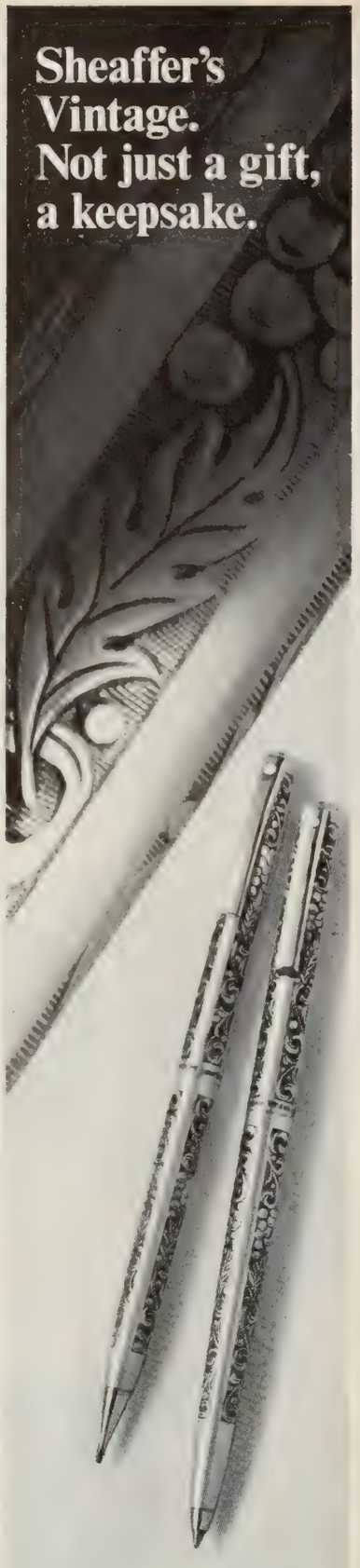
In a short time I had transferred my pipe dream onto a sheet of graph paper and was calling every home care center in town to find the price of 1x10s. I found I could get the best deal from a local lumberyard. The man gave me prices by the "running foot" and talked about "fourth grade pine" which left me rather blank. To me a foot is a foot and a board is a board.

Suddenly a thought struck me: *I didn't have an electric saw.* I explained my situation to the man on the phone. Yes, he said, they could "ripsaw" the boards for my bookshelves (whatever "ripsaw" meant). Elated, I grabbed my "Better Homes and Gardens," my scale drawing, and my shopping list, and headed straightaway for the lumberyard.

Now mind you, this is not a store that sells pots and pans and Mexican pottery along with their lumber. This is a tobacco-chewing, pipe-smoking, spit-on-the-pavement-and-cuss kind of place where *men* builders do their buying. I slipped in at the side door and took refuge behind a bin of nails. Timidly I waited for the male customers to clear away from the desk. I was beginning to feel as out of place as a hard-hat worker in a beauty salon.

When the last male customer had wandered away from the desk, I approached. The man behind the counter squinted at me, wiped his nose on the back of his shirt-sleeve, and grunted, "Help ya?"

Sheaffer's Vintage. Not just a gift, a keepsake.



Superbly designed in the rich and decorative tradition of the Renaissance. Crafted in precious metals. Ballpoint, $15.00. With pencil, $30.00.

SHEAFFER®

SHEAFFER. WORLD-WIDE. A textron COMPANY

"I'm the lady who called e
er this morning and I'm her
pick out the boards for the b
case I'm building," I explai
Taking a deep breath, I plu
on. "Here's a diagram that
drawn to scale. The purple
represent six-foot boards, t
yellow lines are 17-inch bo
the black lines are 15-inch bo
. . ."

"Whoa, hold on a mi
lady," the man interrupte
ain't doin' no carpentry wor
no one."

"Oh, I didn't mean for y
make it for me," I said. "
want you to saw the boards

"I ain't sawin' no boards
er," he said. "All we got's
saw. We ain't *e*-quipped to
carpentry work for no one."

My face fell. I stared at h
disbelief. I could never s
those boards with a handsa

"But—but you *said* you
my boards for me," I stamm
"I called you earlier and yo
—"

By now quite a few mal
tomers had congregated a
the desk. They were grinnin
poking each other in the ri
face felt hot. I wanted t

One of the onlookers w
at me and moved closer
counter. "Come on, Le
said. "A promise is a prom
you told this little gal you
those boards, you'd bette
up your end of the deal." I
ter rang through the crow

Wrinkles deepened in t
man's leathery face. "She
tell me she wanted a ca
job done. She tol' me she
boards for *bookshelves,*" h
tered. "Now she comes in
this fancy doodady here
gave my neatly drawn
shove. "Ten inches a' this
inches a' that."

By now the manager h
peared. "Leo, did you t
you'd saw those board
asked.

Wrinkles deepened.
tightened into a thin, ang
Leo studied a spot on th
I waited. Hope flapped it
and perched on the edge
heart.

"I said we'd *rip*saw 1x
so she could have her
he said. "We ain't *e*-qui
do nothin' else. She'll
see a good carpentry ma
other."

I saw the manager giv
long look.

"OK, OK. So I told h
saw the boards," Leo m
"But I was thinkin' a' *b*
boards—all the same
nothin' like this." He
my drawing from the co
edges crumpling in his t

continued

Precise® BRAND: The once-every-four-months plant food.



All flowers and plants blossom to full potential.



Spoon-feed right from the bottle. The tiny green time capsules give controlled release of primary nutrients.



No mixing. No odor.

Now, a plant food for people who really love their plants.

"Precise®" Brand Timed Release Plant Food works something like a cold capsule . . . spoon-fed right from the bottle, the little beads react with soil moisture. A steady, controlled amount of primary nutrients (12-6-6) are released to feed your plants for longer periods . . . up to four months. Plants and flowers reach their full, beautiful potential early when their feeding is "Precise". No more mixing and guessing with pungent powders. Chance of fertilizer burn is virtually eliminated. Look for remarkable "Precise" wherever you buy plant food.

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Call your Bell business office for Trimline® phones.
Also check for availability of
handy Touch-Tone® service.



continued

If you can build a box

grasp. Silently he bore down on his knife-sharpened stub of a pencil and began scrawling numbers beside my neatly inked-in inches and feet. He shook his head. "She don't even know what a runnin' foot is," he muttered.

"Guess you'll hafta have molding fer all a' this," he said at last. "Gotta have somethin' ta hold up them shelves."

"They used pins," showed him the pictur 92.

He squinted at it fo then slapped the maga "Molding," he sai " 'Cause I ain't guarant boards is going' be Could be a difference o of an inch or so on so We ain't e-quipped fer carpentry business." over the counter and closely. "An' listen he don't want ya runnin' if some a' them board We ain't guaranteein' *n*

"You'll cut the mold won't . . ." I asked.

"I ain't standin' out tin' no molding int sticks," he hollered.

The manager gave look.

"I can manage tha handsaw, I think," I sa (I know when I'm lick

Then Leo tried an "Lady, it'd take a go enced carpenter man days to build that thin "An' I'm talkin' 'bout knowed what he's doin

Doubt began to cre mind like a storm clou nic. What if I *couldn* What if I shot my wad of boards and then co nailed together? Who way, to think that I, male, could build a bookcase when it wo good experienced *mal* two days to do the jo The thought made Who was I to think tha do it either? The nag of doubt dissolved.

"It may take me a can do it," I said firml

"Lady, I'm tellin' gonna have shelves which way," Leo said

"I'll never know tried," I said.

Leo flung one last "It'll take me a coup cut them boards fer y "I'll hafta charge ya a He eyed me smugly.

I wavered. "How asked. I held my breat

"Hafta charge y bucks," he said. A gri his leathery face.

I breathed a sigh think I can manage t I smiled back at him s

"Hafta wait till fiv yer boards," he said gotta wait till things in here 'fore I kin get

"That'll be fine," I glad to be outside aw smell of lumber, sa and leather.

"Lady," he called "Ya fergot yer magaz

continued on page 12



WOOD

People fall in love with its beauty. And then marvel at its durability.

There's something about wood that's even more beautiful than the way it looks. The way it lasts.

Hidden within the warm, rich tones and textures of its tough fibers lies a remarkable secret: lignin. A natural glue that has given wood an incredible ability to endure. Just as it has in this still-handsome 18th century house.

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"Our family has always been very close. But my working has added something. It's made me a more interesting person to Shawn. It's helped her understand the value of pursuing something you want and enjoy and seems to make it easier for her to express her own ideas. I like that."
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Shawn Condylis, Age 10
If you're going to buy her a children's cereal buy the most nourishing.
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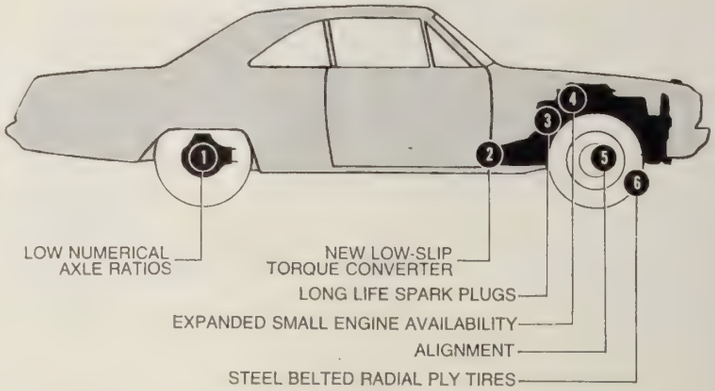


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CARS Peter Stephano

What to expect from the 1975 cars



Have you been postponing that new car purchase until smog controls and good gasoline mileage become compatible? Or until you can buy a new car that won't falter every time you step on the accelerator pedal? If so, the 1975 cars merit consideration. More responsive and less temperamental than the new cars built during the last two years, the 1975 models should also be more economical to operate, depending upon the engine size, transmission, and axle ratio you choose for a particular car.

Stringent federal exhaust emission standards for 1975 require that new cars be fitted with highly sophisticated pollution control equipment, which in the past has meant higher gasoline consumption. However, the public's concern for greater fuel economy in the cars they drive has motivated auto makers to strive for greater miles per gallon efficiency. As a result, better gasoline mileage and cleaner running engines have been achieved in the 1975 cars through the following improvements: catalytic converters (standard on most new models), electronic ignition (also standard on many), smaller engines and lower axle ratios, and radial tires. On the average, these technical advances add about $400 (which also covers rising labor and material costs, of course) to the price of a new car.

Catalysts and no-lead fuel

Catalytic converters are the newest item in a lengthy list of pollution control devices added to cars since 1970. But in contrast to older anti-pollution devices the catalytic converter not only cleans up automotive exhaust but indirectly contributes to improved miles-per-gallon economy. The converter, installed between the engine exhaust manifold and the muffler (see inset), purges the exhaust of most impurities *after* the engine has burned the fuel for maximum power and efficiency. Before this, pollution devices controlled how the engine used fuel by regulating its efficiency both before and during ignition. This resulted in erratic performance and higher fuel consumption.

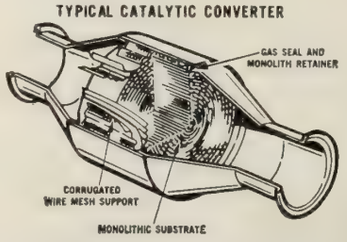
How does the converter work? There are several versions of the catalytic converter, but essentially the one-piece, muffler-sized canister contains a honeycomb or pebbled core coated with an ultra-fine layer of noble metal (either platinum or palladium). The thousands of minuscule core surfaces coated with noble metal are equivalent in exposed surface to the size of a football field. Inside the converter, this large precious metal surface acts as a temperature-sensitive catalyst to convert pollutants to harmless carbon dioxide and water, which is then emitted as vapor. The chemical reaction is made possible by using very high temperature exhaust heat (from 900 to 1,300 degrees Fahrenheit) to oxidize impurities. This high temperature in the converter does not raise the engine's operating temperature, however. Nor is the heat transmitted to the interior of the car. In fact, the outer skin of the converter, due to built-in heat shielding, is no hotter to the touch than a warmed-up muffler!

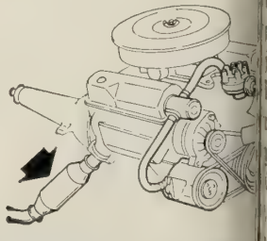
To do its anti-pollution jo
catalytic converter must
contaminated—that is,
gasoline should not be u
fuel. Lead does not burn
and the additive will co
noble metal, thus reducing
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refueling with leaded ga
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nated for no-lead gasoline
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leaded fuel only" is place
the refueling cap and on t
of the fuel gauge. Manufa
say that one or two tank
regular or low-lead gasoli
ing the 50,000 mile lifetime
catalyst won't render th
verters inoperable, but ex
use of leaded gasoline will
them. Contamination of th
lyst will in no way affect
performance, but it will r
haust pollution levels abo
allowable standards, defeat
whole purpose of the equi

A catalytic converter re
no maintenance. Should t
become contaminated, it
replaced for about $80 or
models; on others, new c
pellets can be inserted in
canister for approximate

continued

TYPICAL CATALYTIC CONVERTER





Comparable in size to a muffler, the converter is a complex un sisting of several layers which attaches to the exhaust manifold.



lian tapestries for your bed.
ears Bellissimo bedspreads.

one touch — the right touch — and your quiet
an glow with new beauty. The secret is a
tiful bedspread. From Sears magnificent
collection.
rted from Italy, each spread is thickly woven,
nged — yet priced to fit your budget. Shown
llinzona," a tapestry of rich red and russet.
he Bellissimo bedspread for your bedroom at
r Sears, Roebuck and Co. stores and in our
hoose from 18 color combinations, 9 designs.
dry cleaned. Many with matching draperies.
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Only at Sears

Play-Doh. So many ways to make a little kid feel big.

Play-Doh® modeling compound lets kids make things all by themselves. Things they can really be proud of.

Like green cows and blue horses at Animal Farm. And ring-toss rings, and tiddly-winks discs to pop into a Funny Frogs T.M. mouth.

A kid can pump a real-looking fireman's hose right out of Pumper No. 9. T.M. And mold a rainbow of bricks and logs and building stuff with Fun Factory®.

And create hundreds more wacky, wonderful things. All with Play-Doh.

Whatever it takes to give a pre-schooler a grown-up hunk of satisfaction, kids can make it with Play-Doh.





Play-Doh molds kids.

Kenner

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continued

1975 cars

cost of a tune-up.

Cost of the catalytic included in the car's ba about $150, half for the itself and half for nec gine systems used in c with it. (From 70 to 9 of all 1975 cars will verters.) One of the systems is the high en tronic) ignition, whic the conventional point ser, and distributor. R tion voltage from abo volts to 60,000 volts energy system produ spark which effects c more thorough fuel bu

According to some gineers, catalytic sys these advantages over tion controls:

- increased gasoline from five to 13 percen ing upon car and engi
- longer spark plug 50,000 miles due to u leaded fuel which d rode plug tips.
- better cold starting carburetors can be tur ter performance rath to run "lean" for lowe
- lower exhaust pol some areas, actually c the air entering the ca

Economy engines and

In the past, auto have calculated the r able combination of axle ratio for avera and offered it as stan ment on a specific m Normally, this c would be a comprom good acceleration an omy; if the custom more power, he had optional engines and ratios to choose fro day's drivers are n economy-minded, an engine/axle ratios o cars reflect the change

Aside from the dev the catalytic converte fuel economy for 19 possible by using smal engines throughout models and reinstat transmissions where had become standard Only on very large are 400-cubic inch an gines standard, and available only with ratios. Engines even standard are availab cars as no-cost optio be coupled to extrem axle ratios (such as 2 best fuel economy. B however, that while gines and low rati

re is a sacrifice in celeration and abil- vy trailers.
dst of this energy- end the manufactur- npt to appease the minded. Compact pact cars are now n optional V-6 and

transmissions, too, economical to oper- 75 model year. To and loss of power e, transmission, and manufacturers have tighter torque con- r new cars. On all xle ratios available atic transmissions owered drastically. first time in over a optional overdrive nsmission is avail- pular domestic car, tretching highway ain possible.
an improvement in omy can you expect 75 cars? Unfortu- is no specific, all- er, since each new vement, and option varying amount of For instance, radial andard on most odels, can improve by almost ten per- cle ratios mean an- ment of from two oward the low end nt in strictly city smission improve- n another two per- f the catalytic con- elps mileage, but estimate the range five to 13 percent, he size of engine ving. Given these ossible to increase n economy on a 1975 car by as percent over last y ordering an op- engine, the lowest ratio, having it ot standard) with adhering to fuel- ving techniques. n with all the im- ery ten-miles-per- speed can cost as r more miles per

operating econ- igned into an au- additional gains river. But better ny is only one 75 car's expected cost. Using no- st all cars built n use it, catalyst- ot) means fewer nges, thus much between tune- re is no lead for posit on engine

parts, fewer engine repairs will be needed during the car's lifetime (about 100,000 miles). Exhaust components, such as mufflers and tailpipes, should almost double their useful life-span because corrosion producing lead particles are absent from the exhaust. Electronic ignitions, without the need for replacing points, rotors, and condensers, can mean more money in your pocket. So, total economy could be considerable, perhaps even balancing the 1975 price increase.





Win money for your recipes

Fresh or Frozen Fish and Seafood—Nut Desserts

What's your favorite way to prepare fresh or frozen fish and seafood for your family or guests? And if you have a special nut dessert recipe, we'd like to know about that, too. Send your recipe today for either or both categories and you could be a prizewinner next May. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next May. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Fish and seafood—fresh or frozen—can be elegant fare. You might spread perch fillets with deviled vegetables and roll 'em up jelly-roll style. Or serve shrimp in your own special curry-coconut sauce. Do you fry trout in a secret herb butter? Hints:

Hawaiian turbot tureen
orange and rice whitefish
dilly fish stick stack-ups
blue cheese halibut bake
scallop gumbo

Nut desserts can be fast or fancy. Do you chop Brazil nuts to use in a crunchy baked caramel dessert? Maybe you make an ice cream or a frozen bombe that captures the flavor of hazelnuts. And don't overlook the all-time favorite—peanuts. Suggestions:

toasted almond shortcake
choco-pecan freeze
pumpkin nut pudding
walnut torte
hickory honey soufflé

THIS MONTH'S WINNERS

(See recipes on pages 101 and 102.)

Cooks-of-the-Month

Mrs. Theodora W. Chong, Pearl City, Hawaii
Mrs. John B. Williams, Northridge, Calif.

Runners-up

Mrs. Frank Arkell, Jr., Scottsdale, Ariz.
Mrs. Jerome Chicvara, Whiting, Ind.
Jeanne Hauser, Aurora, Ill.
Mrs. Rae Iverson, Jericho, Vt.

Honor Roll

Mrs. Beverly J. Bobo, Media, Penn.
Mrs. Evelyn Cox, Ellensburg, Wash.
Mrs. Frances Dlugopolski, Hartford, Wis.
Mrs. Gudren Farah, Lake Oswego, Ore
Mrs. Carmen Hoagland, Fremont, Mich.
Mrs. Gerald Kerns, Peterson, Iowa
Beth Anne Kinne, Buffalo, N.Y.
Mrs. Marie D. Robinson, Largo, Fla.
Susan E. Schanz, Millis, Mass.
Barbara Schreier, Bethlehem, Pa.
Barbara D. Taylor, Oxon Hill, Md.
Janice R. Williams, Brookville, Kan.

CONTEST RULES

1. Write or type your recipe clearly on one side of the paper and mark it "May Fresh or Frozen Fish and Seafood" or "May Nut Desserts." If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, October 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7410 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

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Sun Valley ..... Charles Stuhlberg Interiors

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Danville ..... Carter's Furniture
Decatur ..... Carter's Furniture
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Terre Haute .. The House of Interiors
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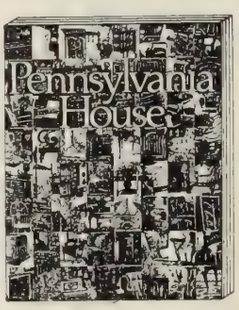
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The Pennsylvania House cat
216 pages packed with full-color decorating ideas. Pick up your copy free at any above stores or send $3 to Pennsylvania House, Dept. B
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Come home to a Pennsylvania House in Virginia

Let's pretend for a moment. The year is 1740. From the main room of your Georgian colonial home come the light strains of the minuet. Ladies descend the romantic winding staircase, their wide hoop skirts swishing gracefully...



It was a beautiful time, and you can share it still. For the classic Georgian design traditions remain...as beautiful today as ever. It's this same "forever" quality that's found in Pennsylvania House furniture. Traditional designs crafted true to the past...Chippendale-style curves and sculptured details. Pennsylvania House lets you create a little bit of yesterday's world in any environment.

Come see a Pennsylvania House in person. This historic dining room (and so many other exciting designs) is on the floor right now at every one of the stores listed on the facing page.

Pennsylvania House

GENERAL INTERIORS



Many fabrics protected with ZEPEL® SOIL STAIN REPELLER

New gift ideas for the holidays

***from* Better Homes and Gardens**



Wall Brightners. Here's a new decorator idea perfect for your home or a loved one. Charming "NIFTY DRIFTY" plaques look like driftwood. Each has a different original art design and size. Perfect for hallways, kitchen, bath, family room, childrens rooms. Can be arranged in a whole variety of ways. Each plaque is a full ¼" deep, and measures between 3½" to 7" wide and 4" to 12" high. Comes already finished and ready to hang.



Weaving Loom. You can make belts, pillows, placemats, wall hangings, handbags, shawls—even your own family plaid! Weaving is a fast, easy way to create personalized gifts for everyone on your list. Or, give the loom as a gift. It's a handcrafted, professional quality loom finished like fine furniture—a great decorator piece. Available in 10", 15" and 20" widths. Kit comes complete with loom, 2 shuttles, beater and simple instructions for assembly and use.

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- ☐ **No. 13815 (B) Li'l Girl Baking**
- ☐ **No. 13816(C) Li'l Girl Cleaning**
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Plaques are: $1.50 each; 3 for $4.00; 5 for $6.00; 10 for $11.50

- ☐ **No. 11020 Weaving Loom 10" $10.99**
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- ☐ **No. 11022 Weaving Loom 20" $19.99**

Please include postage and handling: orders up to $5 add 60c; from $5.01 to $10 add $1.00; from $10.01 to $15 add $1.35; from $15.01 to $25 add $1.70; over $25 add $2.00.

Total of Merchandise $_____

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Residents of CA, IA, IL, and NY, please include sales tax here. $_____

Total Enclosed $_____

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OUR GUARANTEE: Money back if not completely satisfied.

Three tables in one

This versatile project is triply rewarding. By day it's a handy de or hobby surface. At night (or whenever you need it) it's a fu size drawing table, complete with bulletin board and storage f supplies. When company comes, just roll the storage unit asid move the table away from the wall and get set for dinner.



Flip up the top, raise the board, and you're ready to work. storage unit—which includes drawers, vertical slots, a pullout and a shelf on top for drawing supplies—rolls around on its casters. Up above there's even space beside the drawing boar work in progress. Laminated plastic covers all working surfa



Photographs: Hedrich-Blessing. Designer: Mike McIntyre

Turning the storage unit around creates this handsome Closed, the table measures 51x32x29 inches high; the st unit is 13½x12x25 inches high. For materials, you'll need ⅝ particle board, 2x4s, plastic laminate in two colors, and m laneous hardware.

Better Homes & Gardens Project Plan No. 4410 – 1
To order, see page 130

leadquarters for electrical needs

True Value
HARDWARE STORES

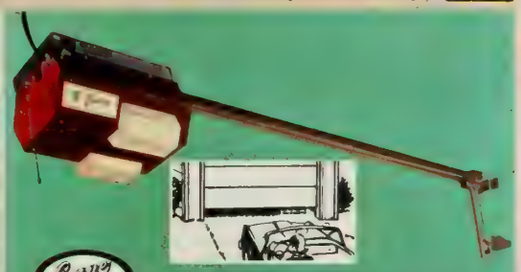
Watch for the "Fall Shopper" circular featuring hundreds of values from participating True Value Hardware Stores.

There are 4500 True Value Stores in 50 states. Look under "Hardware" in the classified phone directory. Yellow Pages



lore/co Security Lighting

to electric eye turns yard light on auto tically at dusk, off at dawn. Protects perty, handsome lighting. cury vapor lamp lasts years. **29.88**



Electric Door Opener

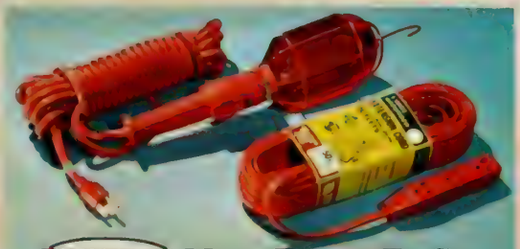
New convenience at garage door! Touch button...door opens, lights on, door closes securely. Deluxe ⅓ hp **179.95**
¼ hp .. **99.95** Extra remote control .. **14.88**





TRU-TEST Color TV Antennas

Channel UHF-VHF-FM, close-in .. **12.88**
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Ultrafoam lead-in wire **5.97**
or antenna for sharp color reception **8.99**



TRU-TEST More Power To Go

TROUBLE LIGHT has 3-wire 25 ft. cord, switch, side outlet. POWR-CENTER heavy-duty 16-ga. cord with 3 outlets and 3-wire ground. UL listed. Each, **6.95**

Non-Metallic Wire

Current for home or farm use. UL listed high-performance building wire. PVC jacket and insulation, 12/2 copper conductors. 600V ground. Ft. **22¢** 50 ft. **9.75**

TRU-TEST UL Dimmer Switch

Light to suit your mood, from candlelight dim to full bright, at your fingertips. Easy to install for incandescent lamps. 600W 120V **3.33**
Deluxe 3-way dimmer. 600W 120V **6.88**



co Room Switch Plates

unique wall plates to compliment any . Double outlet and single switch covers. mic-look "Vendome," "Cameo," each **1.29** llics, "Provincial" and "Filigree" .. **1.49**



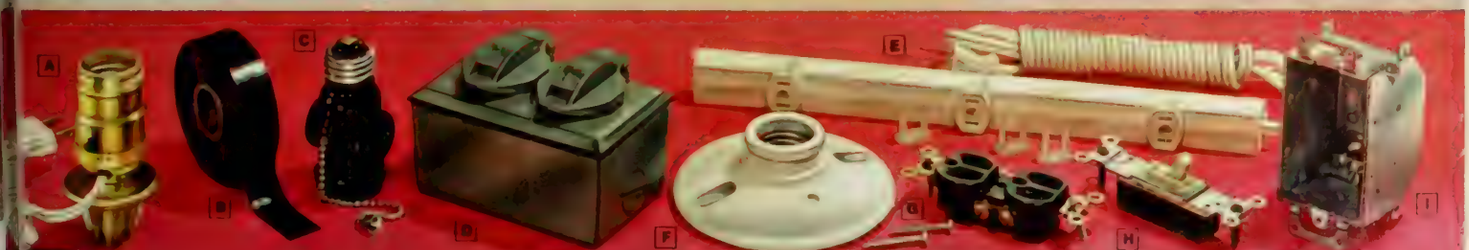
ANGELO BROTHERS COMPANY Hanger Hooks

Strong enough for lamps and planters. Handsome enough for discriminating decorators. 2-pak ceiling or wall hooks with fasteners, antique or bright brass finish. **77¢**



Prevent Freeze Damage

Fiberglass pipe wrap, 35'x3" .. **1.45** 6" .. **2.90**
Electric gutter cable, 20-100 ft, from **9.00**
Automatic heat tapes, 3-20 ft, from **5.25**
Non-automatic electric heat tape, 9 ft. .. **3.85**



TRU-TEST True Value Hardware has everything for professional quality electrical repairs.

nute Lamp Kit, complete wiring kit to or repair lamps instantly **1.77**
lyvinyl electrical tape, ¾" x 66' .. **1.09**
rrent tap socket, pull chain on-off .. **59¢**

D Receptacle box complete with 3-wire grounded receptacle and cover **4.39**
E Plug-in strip with 3 outlets on trimline design. With safety caps and 6 ft. cord ... **1.79**

F Porcelain receptacle ..... **59¢**
G Duplex outlet, brown or ivory, 2 for **99¢**
H Toggle switch, brown or ivory, 2 for **99¢**
I 3x2x2¼" switch box, Romex clamps **39¢**

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1



2

THE BOX

STORAGE FOR EVERYTHING FROM STEREO TO SOX

As a place to put things, nothing can beat the basic box. You can rack it or stack it or flip it on one side, add a door, and get a cabinet. Bolt several cabinets together and you have modules for a great built-in. Here are six boxy ideas, plain and fancy, which show just how much you can do with the simplest of shapes.



Credits: 1. Photograph: Lisanti. Designer: Keith Gasser, Jesse Benesch Associates. Source: Kit Tyson. 2. Photograph: Hedrich-Blessing. Designer: Larry Deutsch. Source: Jessie Walker. 3. Photograph: Hedrich-Blessing. Designer: Silvia Kruger, A.I.D. Source: Jessie Walker. 4. Photograph: Bill Helms. Designer: Renee Soffer, N.S.I.D. 5. Photograph: Maris/Semel. Designer: Irvin J. Borenstein. Source: Kit Tyson. 6. Photograph: Maris/Semel. Designer: Robert D. Dripps III. Source: Charlotte McIlvain.



4

io of boxes joins shelves, speakers, hromium-edged uprights to create upergraphic storage wall. The big at far left is actually the rear of a in an adjoining room. The other accommodate a bar, stereo equip- records, and miscellaneous items. g, painted white, hides the speakers. and white lacquer on the cabinets s durability and points up the par- een wall behind.

d of digging sheets out of a distant every time a guest stays over? This g box saves steps and takes a load family linen cabinet. Nestled be- two convertible sofas, the box as a common lamp table. It mea- 8 inches wide, 41 inches deep, and es high—just right for two pillows, ankets, and two sets of sheets. Fin- match the decor.

tic bins racked on standard shelv- lp a boy's room contain itself. Pat- after milk crates, the bins mea-

3 inches square by 10¾ inches big enough for shirts, sweaters, un- r, and all sorts of playthings. Use shed shelving and you can clear the in an afternoon.

air of tall slender boxes forms the s of a bedroom built-in-for-two. ox has adjustable shelves above, s below, plus a pullout shelf which as a night table and supplements k in between. The desk top flips up te a makeup table, complete with on the underside of the lid. Book- in the sides of the cabinets and the soffits above let a late reader with an early riser.

white boxes and a pair of speakers ut against a vivid red wall, creating ric storage for the TV set, stereo, , and a bar. To build a unit like nstruct boxes of ¾-inch plywood, r the items they'll hold. Vary the ions and play horizontals against s for the most interesting effect. her boxy built-in stands in for a tween two rooms, creating see- display space and storage for gear. Included as part of an addi- e unit is illuminated by a skylight d. Grille cloth below conceals akers.

Buying information, page 98



5



6





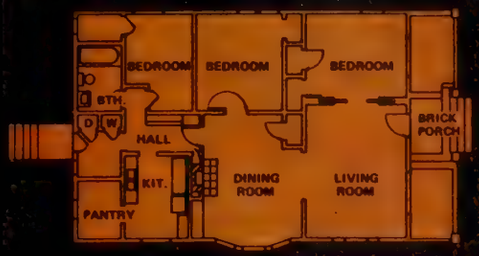
HOW TO UNBUNGLE A BUNGALOW

This one-story bungalow started out [illegible] problems. It had a drab and seldom-[used] veranda and a chopped-up floor plan [that] made for skimpy rooms and awkward [cir]culation between rooms. A stem-to-[stern] remodeling changed all that.

The transformation began at the [front]. Both sides of the old porch were enclo[sed], but a sheltered recess was left for [the] entry. An addition across the rear cr[eated] space for a master bedroom and a [fa]mily room. Reshuffling partitions comp[leted] the make-over. Although the house [is] 400 square feet larger than when [it was] built in 1915, it now holds a lot more [li]ving



BEFORE



AFTER



Deeper than it is wide, the plan formerly lined up three bedrooms and a bath along one side; the living room, dining room, and a cubbyhole of a kitchen along the other. Pantries at the rear added to the kitchen squeeze. Bedrooms opened directly off main living areas. And without anything even resembling a hallway, traffic from the front door was forced to traipse through the living and dining rooms.

Adding 12½ feet in back provided enough space for a new master suite—complete with a private bath carved out of the adjoining bedroom—and a spacious family room adjacent to the expanded kitchen. The washer and dryer were kept accessible but out of sight behind double doors off the family room. In front, annexing the porch extended the living room on one side and added enough space on the other to convert one bedroom to two.

Smaller structural changes rearranged closets and doorways for more bedroom privacy, combined the living and dining rooms into one sweeping space, and isolated a short partition to define an open central hallway. A pair of skylights over the dining room and kitchen brightens the center of the house.



4



5



6

s view, looking from the former shows how removing walls and a opened up the living and dining into one free-flowing space. Origi- there was an archway where the sofa now sits, and a closet just to its The old closet's end wall partially s the bedroom doors, and creates a r which takes traffic directly to the /family room/master suite area.

ad of attempting to restore crum- laster walls, the architect clad them h-sawn plywood. The ceiling, also sawn plywood, is laid out in four- uares, defined by 2x6s and 2x8s.

2. Enclosing the old-fashioned porch added about 7x12 feet of interior space to each side. A transom-style window over the door, plus larger panes for the living room's study area at left and the new front bedroom at right, brings more light inside. Outdoor living facilities were replaced by a broad new deck at the rear.

3. A 4x4-foot opening rises six feet through the attic crawl space to a skylight in the roof. Rough-sawn plywood matches the ceiling and walls.

4. One side of the old porch now serves as a study area. Removing an exterior wall in the foreground necessitated adding a 4x12-inch structural beam, which was encased in plywood. The ceiling in the new area follows the roof line.

5. The new kitchen arranges a freezer, refrigerator, sink, dishwasher, and range in an efficient L-shape with lots of counter and cabinet space. There's even more storage on either side of the hallway at left. Note the contrasting ceiling heights.

6. The remodeled kitchen and new family room merge into another big, open space, divided only by a short wall and peninsula-style counter. Gone are the old pantry and laundry room (see plan). The original house ended about midway between the kitchen and fireplace. A wall of glass at the rear and a second skylight in the foreground flood the two rooms with light.

Photographs: Fred Lyon. Architect: Oscar E. Soltes, A.I.A.





Photographs: Hopkins

A WORK-OF-ART CRÈCHE YOU CAN MAKE

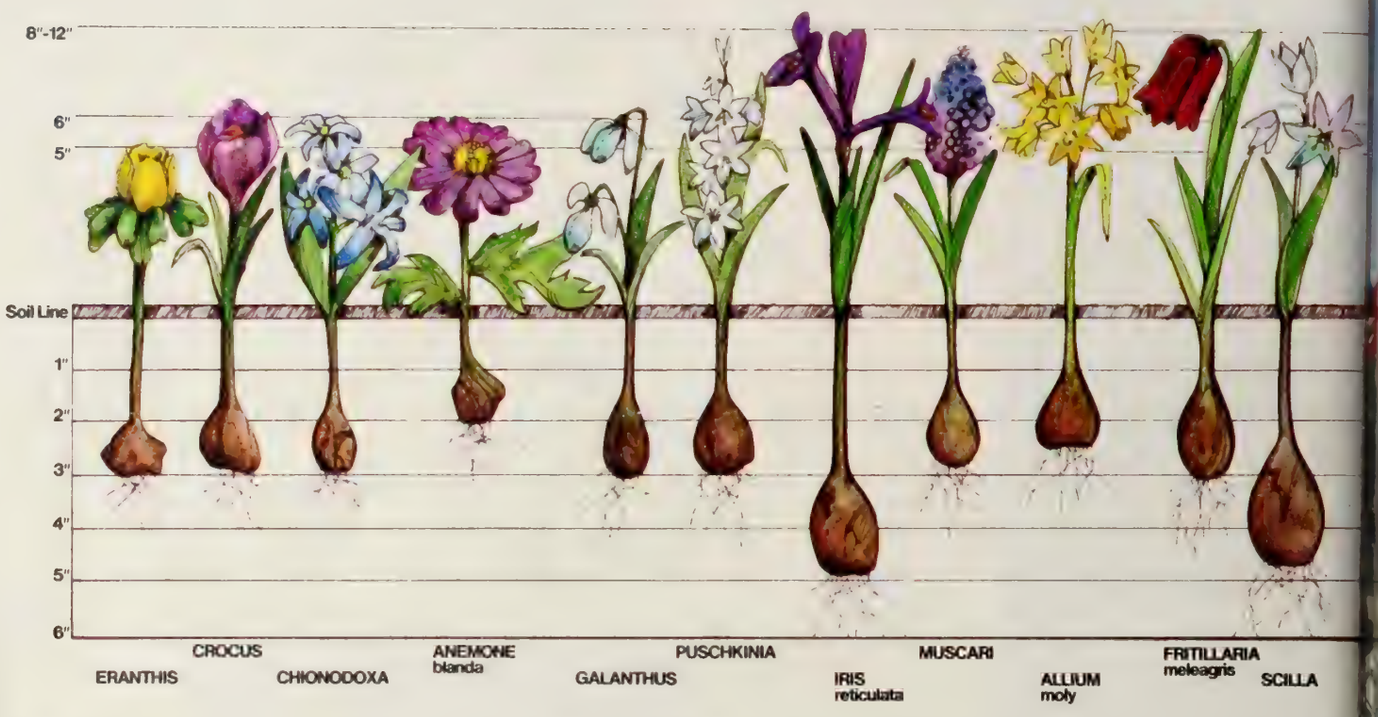


Now's the right time to think about making a special Christmas masterpiece . . . before you're caught up in the Yuletide crunch. This year we've found an exquisite scene with ten figurines and a perfectly scaled manger for you to cast in whiteware (a plaster mixing compound). You can display the crèche in a lighted picture window, on the coffee table, or on the mantel. Wherever you put it, the crèche will be the decorative highlight of this Christmas and many Christmases to come.

A Nativity scene is a great family project—for once Dad and Mom have cast a few of the figurines, the youngsters can get into the act and help out with the pouring and the painting. No kiln is needed. The figurines and the stable are made with a compound that dries overnight to a bisque-like surface. Each kit includes complete supplies. You have the option of gold-antiquing the figures, or giving them a bright covering of paints. It's easy to copy the details on the figures from the instructions on the paint chart. Or you're always free to improvise your own coloring for the figures.

To order your kit, turn to page 146

How to use and display your kit, turn to page 146



LITTLE BULB PLANTING GUIDE

Add these minor bulbs to your plan and you'll enjoy the earliest spring ever:

- Eranthis or winter aconite: buttercup-yellow flowers provide warmth in February; likes shade, moisture.
- Crocus: purple, white, blue, yellow, mauve, or blended colors in February; good for naturalizing; sun or shade.
- Chionodoxa or glory-of-the-snow: starry blue or pink flowers with white centers bloom in March; sun or shade.
- *Anemone blanda:* blue or rose daisy-like blooms in March; team with early daffodils; shade.
- Galanthus or snowdrop; nodding white bells appear before frost goes out; light shade.
- Puschkinia: creamy white flowers tinged with blue in March and April; sun or shade.
- *Iris reticulata:* fragrant violet-blue flowers in February, March; many new varieties are now available; sun.
- Muscari or grape-hyacinth: sapphire blue or white spikes in April or May; sun or shade.
- *Allium moly* or golden garlic: clusters of yellow flowers in June; spreads fast; it does best in the sunshine.
- *Fritillaria meleagris;* purplish or cream bell-shaped flowers in April, May; half shade.
- Scilla: delphinium blue, pink, or white blooms in February or early March; bulbs multiply fast; shade or sun.

By Hamilton Mason and Beverly Garrett

low-cost little bulbs to plant now

While garden giants hibernate in February and March, the pint-size bulbs pop up, often pushing their way through snow. Then their welcome flowers chase winter's dreariness with cheerful color. Grouping increases the impact, so let yourself go. You can plant a whole cluster of color for less than $3. Many of the minor bulbs multiply generously, so your minuscule investment will pay off big in the future.

You don't have to look twice to catch a clump of *eichleri* tulip (photo 1) in bloom. The bell-shaped scarlet flowers command instant attention. Larger than the mini tulips and smaller than the huge ones, the 12-inch-high *eichleri* blazes with color in late March.

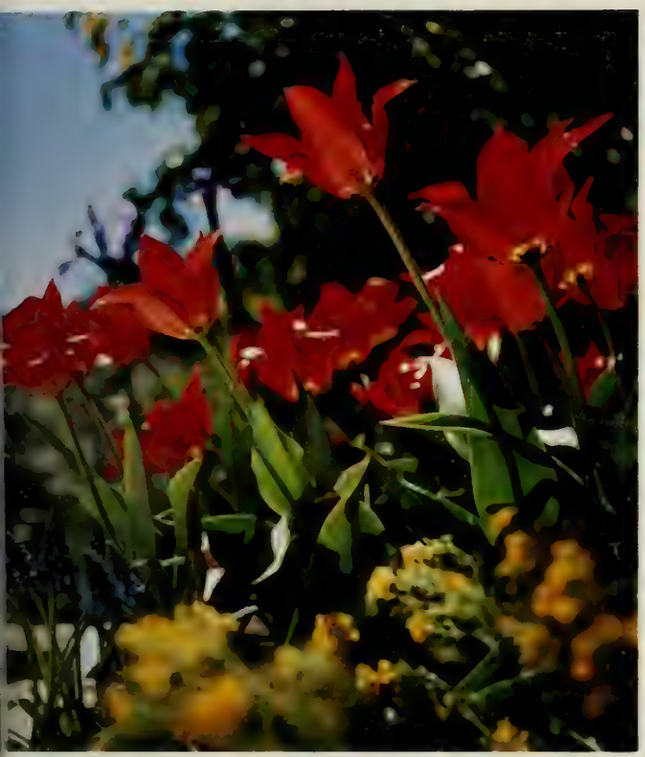
A spectacular curiosity, the horned tulip or *acuminata,* (photo 2) shows its bicolored flowers on 16-inch stems. Each petal is both striped and waved to make the total effect extra startling. Blooms appear in May, are ideal for unusual arrangements.

Banish winter with golden cups of yellow hoop-petticoat narcissus (photo 3). Huddled in a rock-garden crevice or along a walk, the six-inch plants will put on a big show. Set these and other miniatures about five inches deep.

Gold blends to bronze to make *whittalli* (photo 4) the richest looking tulip around in April. A larger form of the old favorite, *orphanidea,* this medium-height species not only blooms perfectly the first year, it increases in later seasons to give still more color.

Like a whisper of spring, the tiny tulip *chrysantha* (photo) offers its subtle beauty to all who will pause and enjoy. Growing eight inches high, this species sends up rosy-yellow flowers in March. Set little tulips four inches deep.

4.





5.



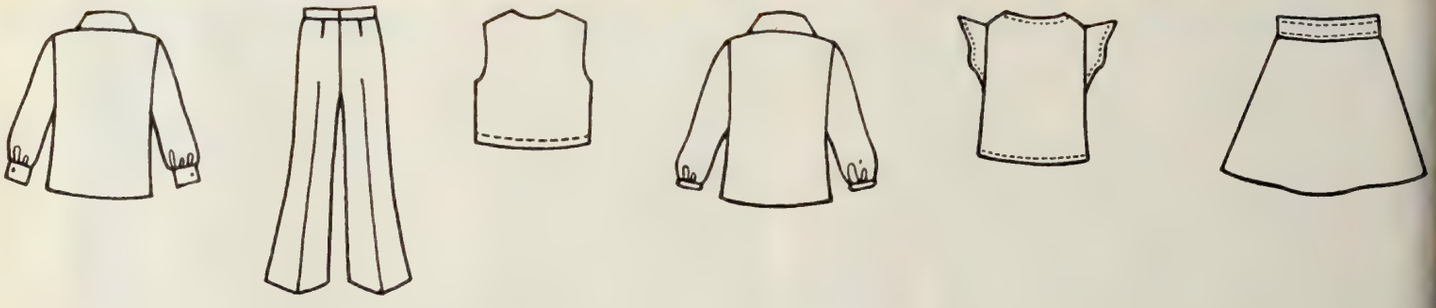




Photographs: George de Gennaro; Drawing: Hellman Design Associates







Sewing special:

Party clothes for girls and boys

BODY MEASUREMENT CHART

Size	2	4	6
Chest	21	23	25½
Waist	20	21	22
Hip	23	24	26
Back waist length	8½	9½	10½
Height	36	40	45

Youngsters will love these fall party outfits, designed exclusively for Better Homes and Gardens readers by Burda Patterns of Germany.

Our charming weskit and skirt set for little girls, shown here in a washable cotton velveteen print, includes its own blouse pattern. Pattern #01299, available in sizes 2, 4, 6.

The boy's version includes smartly tailored vest and slacks and a dress shirt with a wide Puritan collar. Try the slacks and vest in a combination of solid and patterned pinwale corduroy, set off with a crisp white shirt. For very special occasions, you might want to pair the vest and slacks in green cotton velveteen with a handsome print shirt. Pattern #01305, available in sizes 2, 4, 6.

Before ordering, measure your child carefully and compare results with our chart.

Send order to:
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Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25.

Postage and handling: for one to three patterns, add 25 cents, for four or more patterns, add 50 cents.

Pattern 01305 Boys' Party Outfit

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- ☐ Size 4 Each $1.50
- ☐ Size 6 Each $1.50

Pattern 01299 Girls' Party Outfit

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The Warm Cream
Scented and Unscented

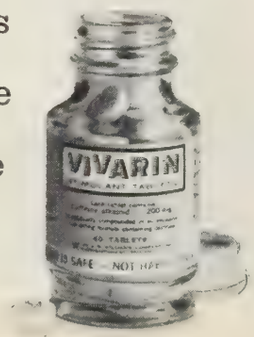
IT'S ONLY THE MIDDLE OF THE AFTERNOON, BUT YOU FEEL LIKE CALLING IT A DAY.

It's been one of those days. The hours just drag on and on. You should be looking forward to the evening but for you, the day could just as well be over. What you need is something to pick you up.

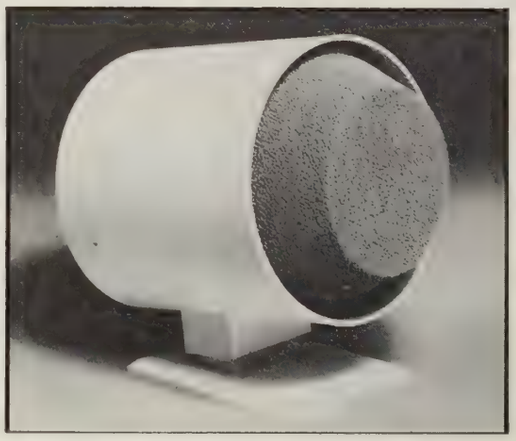
What you need is Vivarin.

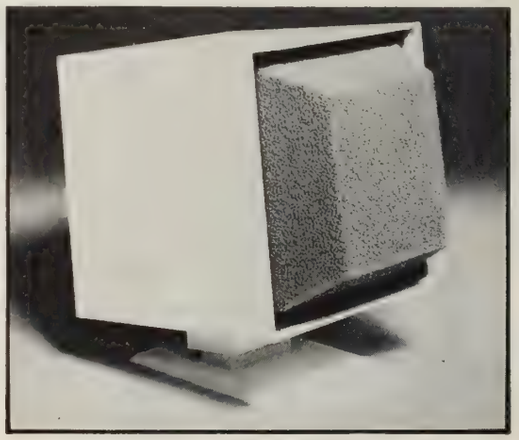
Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

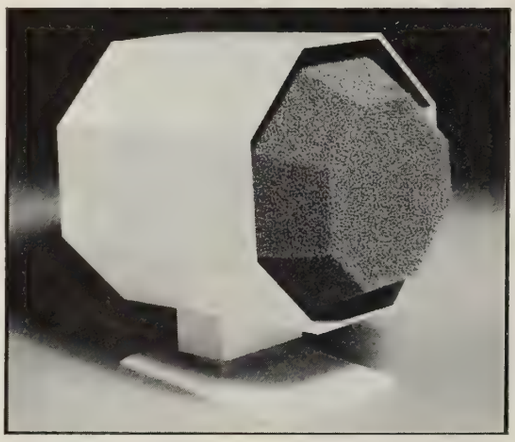
Vivarin...because the best part of the day is still ahead of you.



GOOD NEWS







With these compact speakers, you can have music almost any p in your house or around your yard. The shiny ABS plastic shell closing the speakers are unaffected by weather and wear, and bright-colored foam grills lift out for easy cleaning.

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Sound West Indoor/Outdoor Speakers are available in three sh and six grill colors, $15.95 in audio depts. Sound West, Inc., 1 Raymer St., North Hollywood, Calif. 91605.

continued

Congratulations, now you're an interior decorator.



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You're decorating a new home. Or redecorating an old one. up to you to make it look beautiful.

But where do you start? Well, a sofa is crucial. But what nd what about the coffee table? And the carpeting? Whew! could blame you for being a bit overwhelmed.

But there is a place you could turn to for help. An Ethan Allen Here you'll find our professional Home Planners.

People who are trained to help you decorate your home. And all the furniture you see is in beautifully decorated rooms. Home Planners can give you a ea of how the sofa, or desk or fall in love with in the Gallery when you get it home.

Our Home Planners can also choose from the wide selection of draperies, carpets, upholstery and wallpaper found in our Home Fashion Center.

And finally, when you visit our Gallery, we will give you the new Ethan Allen Treasury of American Traditional Interiors. Its 408 pages show the vast Ethan Allen collection and hundreds of full color decorating ideas. You can get it free (no purchase required) at our Gallery or by sending $7.50 to Box 1066, Danbury, Conn. 06810.

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Ethan Allen Galleries

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See the Yellow Pages for the Gallery nearest you.

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GOOD NEWS



Quick access to an emergency oxygen system literally could mean difference between life and death for someone with a cardiac prob And this kit would be a wise investment for any family that spen lot of time boating, swimming, or taking part in any vigorous s

The complete kit consists of a sturdy steel tank containing a minute supply of medically pure oxygen and a regulator pres deliver at least six liters of oxygen per minute. An accurate g tells you exactly how much oxygen is left in the tank. The g functions only when the valve is turned on—a safety feature to tect against leakage. When the valve is tightly closed, the gauge register "empty." The pliable oxygen mask with breathing bag m an airtight seal around the patient's nose and mouth and connec the tank via seven feet of plastic tubing.

The AirWay resuscitator included in the kit is the key to tre a non-breathing patient—since an oxygen kit can't help a person has stopped breathing. This simple plastic device improves on m to-mouth resuscitation by eliminating actual lip contact and ke the unconscious person's tongue from obstructing breathing.

SEI Life Protector, $89.95 at pharmacies and medical supply s Schigall Enterprises, Inc., 42 Central Dr., Farmingdale, N.Y. 1



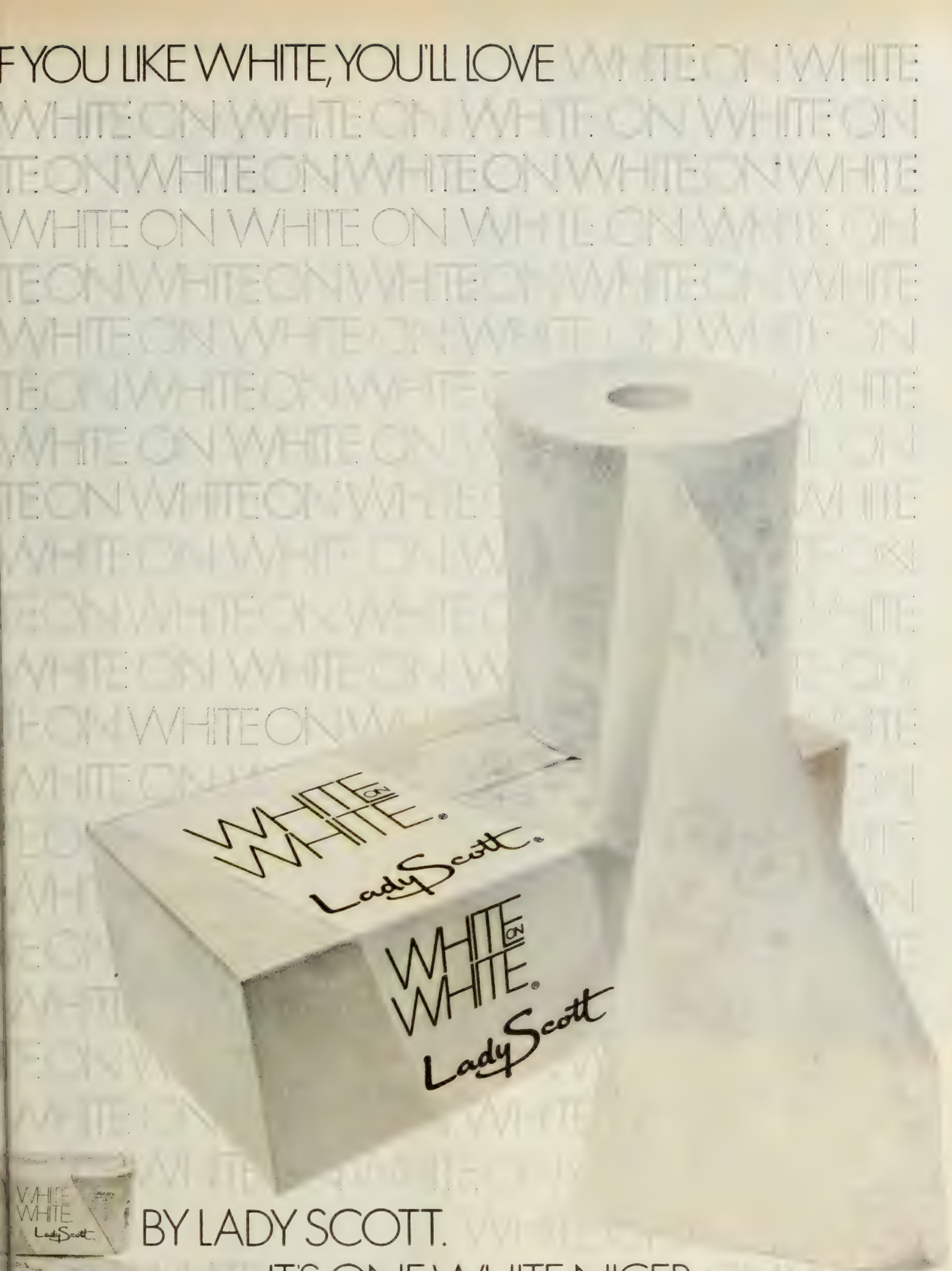
Folding chairs are for fun. You pull them out when family or frien invited for a meal, and when guests drop in uninvited for a good These bright-colored folding chairs fit right in and because made of durable plastic, they laugh at wear and abuse.

They're also lightweight and easy to open and close, so yo store them up on a closet shelf that wouldn't be feasible for w metal folding chairs. But, these chairs are so sleek and colorfu may decide to leave them out.

Gotham Plastic Folding Chairs, about $18. Gotham, Ind., burg, Mass. 01420.

continued

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BY LADY SCOTT.

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GOOD NEWS



Made to sit on your desk, not in your hand, this spherical, solid-calculator makes child's play of all those tedious arithmetic c previously done with pencil and paper.

The calculator operates from regular 110-volt household cu The eight-digit display panel has extra large, glare-free red num and the full-floating decimal moves automatically to its proper tion. For answers less than zero, there's a negative indicator.

RCA Digital Calculator Model 3C1010, $69.95 in office s departments of stationery, camera, and department stores. Parts and Accessories, Deptford, N.J. 08096.



With these ladder levelers, your ladder will stand straight and no matter how uneven the ground. Just extend one of the legs t the ladder on sloping ground, stairs, or any other potentially dan spot. On level ground you can extend both legs to make your a full 15 inches taller.

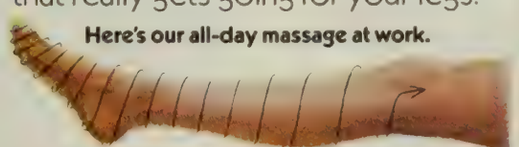
Deeply treaded, neoprene feet swivel in all directions on heav ball joints. The simple, slip-proof lock holds up to 1,000 poun allows extenders to retract with just fingertip pressure on the lever.

Xtenda-Leg Model 402 Ladder Levelers and Extenders co with mounting hardware, $16.50 per pair in hardware and paint K.O. Products, Inc., 12968 Greenleaf St., Studio City, Cal 91604.

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GARDENING IN OCTOBER

In October, two-season thinking is in order. Revel in the richness of mums' colors, but set aside planting time for daffodils, tulips, hyacinths, and other spring-blooming favorites.

Planning your bulb show

Most of the best bulb displays are planned on paper first. Using bulb growers' catalogs, study blooming times, heights, and colors. Note, too, the timing and the colors of your spring-flowering trees and shrubs. Try to visualize how each planting combination will look, then cross-check to be sure you'll have a long season of bloom. Also, plan to group enough bulbs of one variety or type to make the finished effect really spectacular. This usually means at least 12 or more medium or tall bulbs together and 25 or more of the small ones.

Daffodils can be naturalized (left to grow in informal groups like wild flowers) if the soil isn't cultivated. If naturalized in grass, the lawn must not be mowed until after the daffodil foliage has yellowed. Bulb growers often offer special prices on bulbs for mass plantings.

Early daffodils look great in groups behind blue grape-hyacinths, or in front of early spireas, red barberries, purple-leaf plums, forsythias, Korean azaleas, and unfolding clumps of peonies. Try later varieties in the rock garden, behind pansies, or in front of evergreen plantings.

Tulips are most effective when set out in groups of a single color. Single and double early vari bloom at the same time as sythias, flowering almo peaches, and quinces. Good panions are violets, pansies, bedding violas, blooming in purple, white, and yellow.

Darwins, cottage, late dou and lily-flowered types ca backed up by lilacs, an shrub rose, or let them surr a small crabapple.

Hyacinths, more formal i pearance than either tulip daffodils, don't lend themsel naturalization. But they're in clumps of six or eight s periodically in a flower massed in a terrace pocke lined up two or three deep in of an evergreen entrance ing at the front of house.

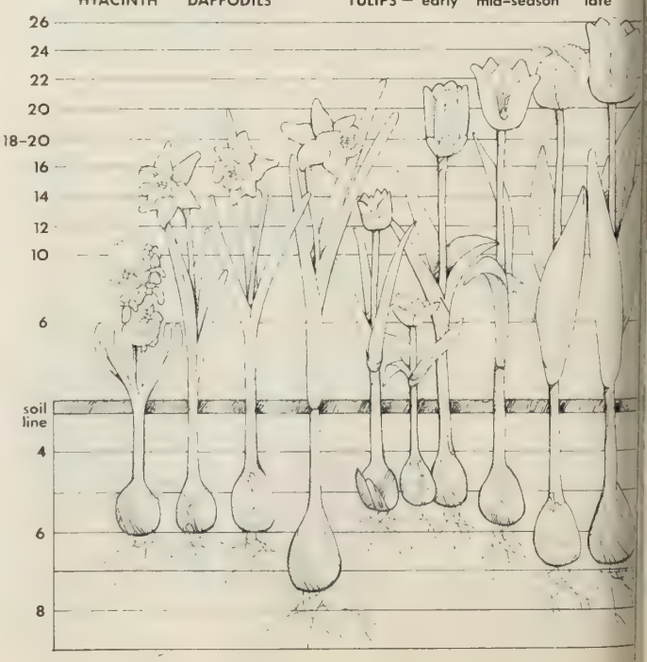
When and how to plant

Buy and plant daffodils and blooming small bulbs like c as soon as possible. Tulips s be planted from now to Th giving in the central states middle South. Set out hya now. If you live in the Deep S or other areas that escape freezing weather, check yo cal nurseries for bulbs that been cold treated. Or, yo buy regular bulbs and give an artificial winter in your r erator until planting time i November or December. D put them in freezer.

Check the average pla depths on the chart below.

The planting depth can slightly according to the soi

continued on page 125



On the 1950s prefab kitchen units were considered to be very avant-garde. The typical kitchen consisted of two opposing banks of cabinets, and only bare essentials in appliances.

That's the kind of kitchen the Moses family had to cope with—and it clearly fell short of meeting the needs of the '70s. When the dishwasher in the Moses kitchen gave its last gasp, the signal was clear. It was time to update the entire kitchen, since the sink, dishwasher, counter, and cabinets were all molded together in one prefab unit.

Meredyth Moses wanted to get away from the bowling alley look of the old kitchen. All traffic funneled from the back door, down the middle of the "alley," and through the house. The revamping challenge was great, but we think you'll agree the solution is stunning.

By Joan McCloskey

The Moseses consulted with an architect and builder for ideas, then put plans on paper for this architectural kitchen. New shapes and forms were introduced to add interest and character. Now, diagonal base cabinets and free-form shelving relieve the stark prefab look; natural wood tones soften the hard lines of the black and white metal cabinets and the expanse of counter tops.

Costs of the remodeling were kept down by letting existing factors such as water pipes, plumbing stacks, and the main entry dictate the diagonal shapes. For example, only half the wall was removed between kitchen and family room because water pipes were housed there.

You may not want to remodel as extensively as the Moses family, but the basic plans and decorating ideas can be adapted to most any kitchen remodeling plan.

It's easy to see why Meredyth enjoys working in the redecorated kitchen. Though it's pint-size, it seems spacious since the kitchen core is self-contained within a larger area. Meredyth says once she's at the counter, there's no other place she needs to go to prepare an entire meal. The compact counter functions as the cook center, complete with cook top, storage for pots and pans, and mixing equipment. Free-floating natural fir shelves finished with polyurethane function as architectural mobiles at windows and over the counter. The shelves are anchored with bolts fastened to the metal base cabinets and ceiling tracks. The shelves are edged with 2x4s interconnected with 2x2s fastened together with machine bolts and large washers. The essentials of kitchen chemistry—flour, sugar, pasta, coffee, tea—show off in cork-topped glass jugs.



Buying information, page 98



With active children running from family room to the outdoors, an easy-maintenance floor was a must. Since the floor area is small, the Moseses indulged themselves in ceramic 8x8-inch tiles finished in a natural glaze. Their uneven tone and irregular surface make a marvelous contrast to the crisp, hard-edged quality of the black and white appliances.

Step into the Moses kitchen from the back door and this (above right) is what you see. The angled counter doesn't jut out into the pathway, but does provide good storage for small appliances. The lazy Susan in the corner holds anything that would clutter the fir shelves.

Meredyth describes the fir shelving at this window as her drapes, and those at the cook center as her cupboard. In both cases, the shelving makes a warm foil for the color scheme.

a new kitchen in the same space

Conjure up that favorite color scheme worn by young men in the '50s—charcoal slacks, pink shirts, string ties. Got the picture? Then you can visualize how this kitchen looked originally, with pink appliances set against pink and gray wallpaper.

Propelling this pastel kitchen into the '70s called for a judicious combination of paint, wallpaper, new flooring, and minor remodeling. While the owners kept the built-in range and oven, they did buy a new dishwasher and triple sink.

To achieve a new look quickly, upper cabinets were painted a creamy white, then accented with chocolate brown molding. White porcelain knobs stand out against the freshly painted base cabinets. Next, the pink-edged counter, a veritable waterfall at dishwashing time, was discarded in favor of a streamlined white plastic laminate counter top. Now spil no longer streak the lower drawers. Kitche carpeting installed over the existing linoleu floor blends well with the warm brown an cream tones.

A classic, put-together look was achieve with the final step—two complementary pa terns of wallpaper hung over walls and ceilin

On sunny afternoons when the sun filte through the kitchen, crystal glasses seem t glow through the leaded glass panes on bot sides of the new cupboard extension. Originall this cupboard wall separating the kitchen an family room was only five feet tall and one fo deep. This was extended to the ceiling to for a capacious floor-to-ceiling cabinet to hou special glassware, stemmed sherbets, and de sert dishes. Nostalgic touches include leade glass panes and white porcelain knobs.



Photographs: de Gennaro. Scout: Pauline Graves. Owners: M/M Sidney Druckman



Even if you're a beginner, today's paints a accessories make it easy to change the char ter of a room quickly. To avoid unnecess mistakes, check these suggestions before y start to paint.

- Move everything to one end of the ro and cover with a plastic drop cloth.
- Paint the ceiling first with a long-hand roller. Roll paint in wide, overlapping arcs.
- Next, paint the woodwork. Remove hardware before you begin. You can f liquid-sand, then sand with 120-grit paper remove old gloss. Your choice of paint can gloss, semigloss enamel, or semigloss latex.
- Paint the walls next, filling in corners w a brush or doughnut-shaped roller.
- Thoroughly clean all paintbrushes, rolle and trays following instructions for type paint used.
- When choosing paint, consider these f tors: Latex is the easiest to apply, doesn't sm "painty," dries quickly, washes out with so and water, and doesn't show lap marks. Enam is tough, washable, and almost impervious.

the peaceful look of Oriental

Complete harmony in pattern, texture, and color—that's what you find in Oriental design—and that's the look this family wanted for their kitchen.

The idea stemmed from their longtime interest in the crafts, cuisine, and architecture of the Orient.

Clearly, their old kitchen presented a challenge. It was dark and mustard-colored, a far cry from the serene haven they envisioned. And they wanted to transform it without replacing major appliances and cabinets. To achieve the look you see here, the family stripped the cabinets, then finished them with walnut oil stain. Brass hardware on cabinet fronts and drawers depicts Chinese writing characters.

In planning their new-look kitchen they followed the Chinese principles of design: formal, symmetrical rooms, played against the naturally asymmetrical lines of adjacent gardens. No frilly curtains obscure the asymmetrical kitchen window in the U-shaped plan. The kitchen's number one occupant can enjoy a lovely garden view as she prepares her favorite Chinese and Japanese dishes.

To create the shoji-like atmosphere, the ceiling was painted white and the 1x3-inch boards were painted black. Two fluorescent light fixtures were incorporated into the latticework.

Longtime recyclers, the family had a sizable collection of salad dressing bottles and peanut butter jars. Now these containers show off rice, beans, flour, and spices.

In many Chinese kitchens, the kitchen god Tsao Wang, watches from a vantage point on the kitchen wall. We're sure he would feel right at home in this peaceful kitchen.



Buying information, page 98



Photographs: Fred Lyon. Scout: Barbara Cathcart

If you'd like to try your hand at staining old kitchen cabinets, here are some guidelines:

- Remove old finish with a liquid or cream remover.
- Neutralize the remover that has been absorbed by the wood with turpentine or lacquer thinner. Then rub steel wool over the entire surface.
- Apply the oil stain with a rag or brush, rubbing the stain across the grain, then with the grain. Let it dry for ten to 15 minutes, then wipe it off with a clean rag.
- If the stain is too light, do not reapply another thick coat. Instead, wipe off the first coat after waiting a longer time, but not more than 20 minutes. Then apply a second coat of oil stain the next day.
- If you should happen to let the stain dry, dampen a rag with turpentine or benzine and wipe it off.

setting the theme with wallpaper

The moment you set foot in this entry, a harmonious splash of color and design pours over you. The mood is flamboyantly Spanish, light-years removed from the cold laboratory-look kitchen.

To set the pace for their kitchen redecorating, the Graefs selected an Indian-inspired wallpaper in bold brown and white waves. Dark-stained wood ceiling and warm quarry tile counter tops soften the hard-edge lines of the cabinets and complement the free-spirited wallpaper.

The original cabinet doors were redone with gesso and paint, and cabinet hardware was painted black. All appliances remain the same except for a "new" 30-year-old stove brought in to replace a chronologically new range. The old floor was covered with Mexican pavers finished with linseed oil, and then waxed.

In the family eating area that used to be a tiny powder room, an old lamp hangs over the Mexican pigskin table and chairs. Mexican pottery, rustic place mats, and bright goblets reflect the feeling of Old Mexico created in the kitchen. Antiques and plants indigenous to the Southwest punctuate other corners of this casual eating area.

What sets this kitchen apart is its personal style. If you're thinking of redecorating, first pick your theme—Early American, Spanish, country French, contemporary, or traditional. Then get out drop cloths, paint cans, rollers and brushes; choose a smashing wallpaper pattern like this one; add art or wall hangings to cupboard doors and walls; choose functional, good-looking light fixtures; call on plants, both potted and hanging, to add life—and dare to be daring.





Photographs: Neil Koppes. Scout: Karen Burr. Owners: M/M D. W. Graef

inspiration from a discount store

When you're counting pennies, decorating your entire kitchen has to be a clever put-on. The energetic Robert Funks made imaginative use of inexpensive materials to transform a dreary brown kitchen into a smart black and white living area. Punchy yellow accents strengthen the basic scheme. By careful planning and wise shopping, they managed to keep the cost down to $250!

Inspiration came when Judy and Bob Funk found two lively patterns of adhesive-backed paper at a local discount store—a houndstooth check and a floral pattern. Together, they pack much more punch than either pattern would have if used alone.

Lots of elbow grease went into the first step—Judy and Bob had to remove the buildup of paint accumulated over the years. In fact, the paint was so thick, the cabinet doors would not close tightly.

After this first messy step, the fun began. They revitalized the cabinets with glossy black paint, highlighted the ceiling with stark white enamel. Tempered hardboard in a grillwork pattern broke the monotony of blank cupboard doors. Judy installed white asphalt tiles on counter tops for a long clean line. A new black and white vinyl floor completed the basic color scheme. Then bold bands of yellow were brushed over window and door trims from the back entry to the dining area. Judy's kitchen collection of gold pots and pans repeats the accent color.

Judy took extra care to cut out some of the black and white flowers from the floral patterned paper, then pasted them on the ceiling in a random manner. A black flower dolls up the old sink, too.



Buying information, page 98



Photographs: Hopkins, Scout. Maxine Schweiker, Owners: M/M Robert Funk

custom colors for a personal kitchen

When the Julian Clarks moved into a tract house several years ago, they agreed that the kitchen was devoid of charm. All the amenities were there—stove, refrigerator, sink, and counter space—but the kitchen sorely needed a personal touch.

When the Clarks decided to remodel, they aimed for a crisp, contemporary look—long, uncluttered lines, sleek cabinet fronts, and large banks of windows. They took their color scheme from Old Glory, and chose custom-mixed red, white, and blue paint. Instead of removing the pinky beige counter tops, they covered them with epoxy-based paint. Base cabinets received a coat of matte blue, ceiling and walls were covered in chalk white, and a white brick vinyl tile was installed over the entire kitchen/eating area.

Then came that smashing personal touch: What better way to punch up a plain wall than a red arrow marching boldly across the ceiling? To create your own supergraphic, draw your design with chalk or a soft lead pencil and a yardstick, then press masking tape firmly against the pencil marks. Carefully paint between masking tape and remove the tape only after the paint is thoroughly dry.

For the windows in the kitchen and the family eating areas the Clarks chose white shutters that add a clean, country touch without shutting out the sunshine. Hanging and potted plants bring more of the outdoors inside.

Unbroken counter space around all the major work areas makes it easy to prepare and serve family and company meals. When the counter is not being used for cooking, it functions as a kitchen desk. There's plenty of room for a chair and file cabinet to scoot underneath.



Buying information, page 98





Neil Koppes. Scout: Karen Burr. Owners: M/M Julian Clark

Make Homemade Breads Your Specialty

Sure it's easier to pick up a loaf of bread at the supermarket than to bake it at home. But think what you're missing: an aroma remembered long after the loaf has disappeared, and that pleasant glow you get from making something special for someone else. On the next few pages, four of our readers share some of their favorite bread recipes and bread-making techniques. For those of you who need a little extra support, we answer often-asked questions about bread baking on page 96.

By Doris Eby and
Priscilla Hanson Kruse

Photographs: Helms: de





Jean spreads the almond paste filling over the dough before rolling it up jelly-roll style.



Leave the roll long or shape it into a ring as Jean sometimes does.



Jean snips the dough almost to but not through the bottom. She separates each piece in alternating directions.



When the bread comes out of the oven, it's sure to be just seconds before the whole family is in the kitchen for a taste.





LAYZER IS A COMER ON THE NG SCENE

zer used to sing with a jazz i Liverpool, England. Now sy mother of four who, like ner women, has returned Jean is working toward a egree in education at Har- re her husband teaches d astronomy. Her goal is real contribution to the ent of day-care centers. yzers lived in Sweden for a while. There Jean became infatuated with baking in general and Scandinavian baking in particular. Although Jean has only baked bread for about two years, we were impressed by her adaptations of some classic breads like kugelhof, lucia buns, and brioche. And to go with these wonderful breads, she also makes her own jams, jellies, and marmalades.

Almond Paste Twirl (in foreground above) features a favorite Swedish accent—almond paste. Jean makes a sweet dough and spreads on a luscious almond filling. Look at the picture closely and you'll see how she snips and separates the dough into this spectacular coffee bread.

Kugelhof, Jean's way (in background above), starts with a packaged hot roll mix. Then she adds raisins plumped in rum, grated lemon peel, mace, and chopped walnuts before spooning the batter carefully into a kugelhof mold.

Brioche (opposite page: left) is an egg-rich bread of French origin. These rolls are molded and baked in the shape of a bun with a topknot. And Jean adds her own touch of shredded lemon peel to these breakfast or brunch-time treats.

Lucia Buns (opposite page: center) are traditionally shaped rolls made with powdered saffron, chopped Brazil nuts, and raisins. On December 13, Saint Lucia Day, the oldest daughter in a Swedish family wears a ceremonial crown of lingonberry leaves and lighted candles. She leads a parade of her younger brothers and sisters to serve their parents the holiday-special buns.

How does Jean roll a rousing flavor into **Herbed Bread** (opposite page: right)? She makes up a perfect loaf of white bread and fills it with a buttery mixture of freshly ground black pepper, chopped parsley, chopped green onions, and minced garlic—that's how!

Recipes begin on page 104
Buying information, page 98

Make Homemade Breads Your Specialty



DAVE DUTTON USES LOTS OF FRESH CHEESES

You might expect Dave Dutton to be more at home on a football field than in a kitchen. And that used to be the case. He was a high school All-American and reached the University of Cincinnati on a football scholarship. But that was just to reach his real goal: becoming an artist.

Dave met Sandy, his wife, in a paint class. When she introduced him to father, the two men found they sha an interest in cooking. They spent l hours together philosophizing ab cooking and learned they agreed c pletely on one point in particular: "Th is no success without failure."

When Dave and Sandy moved to Francisco, they found myriad cook and eating possibilities. Dave discove countless places to buy ingredients

Photographs: de Gennaro





Dave prefers the traditional flour sifting method for his Cheese Bread Knots.

Twisting off separate balls of dough makes rolling it out easier.

Dave cuts the rolled-out dough into strips with a sharp knife.

Tying each strip into a knot has become one easy motion for Dave.

net specialties.
their favorite trips is driv-
males, via wine country, to
ucked oysters. Then they
oysters back home and
nday shucking and frying
ith this back-to-basics ap-
food, it's not surprising
soon started making their
d.

eese Bread Knots (right) are
aster. Melted Swiss cheese
rolls a mellow flavor that
nts anything from fish, to
poultry.

Cheese and Wine Bread obviously influenced by his
experience. A combina-
gredients including white
monterey jack cheese
is bread incredibly good.

urg Rye Bread (opposite
is a super sandwich bread
y eaters. Cocoa powder,
and caraway seeds pack a
lop you'll not forget.
goes into **Russian Black**
posite page: rear)—for in-
rk molasses, vinegar, un-
chocolate, coffee powder,
es, bran flakes, and a com-
of all-purpose and rye
r a quick snack that's es-
ood, cut this bread very
oast it under the broiler
e Swiss cheese atop.

Finnish Ring (opposite
t) can take the place of
ke for Sunday-morning
your next neighborhood
ch. Ground cardamom
ice and peel from one
e this bread a beautiful
e and out. For the shiny
t, brush a mixture of egg
nilk over the ring before

gin on page 104
rmation, page 98



Make Homemade Breads Your Specialty



SARAH LAVERS' FORTE IS COFFEE BREADS

Sarah Lavers and her husband Don supervise a lively household near the ranching town of Castle Rock, Colorado. Their ranch includes three little girls, four chickens, one goat, two cats, and two dogs. As a family project, the Lavers raise, train, and show purebred Arabian horses. Don, who knew nothing ab horses till he married an equestrian now president of the Colorado Arab Horse Club. As for Sarah, her tro case holds three of the top ten natio awards for horse showmanship. Her c nary talent is equally impressive. In kitchen are seven Certificates of M awarded through Better Homes and G dens' Prize Tested Recipes pages. consistently outstanding entries in contest are what brought us togethe

Photographs de Gennaro





Sarah grates cheese herself and saves money plus guaranteeing freshness in Ham and Cheese Brunch Rolls.

The mixer is used to blend ingredients at the batter stage.

Melissa watches as her mother seals the bun edges.

Melissa helps put the rolls in muffin tins for perfect shaping.

a retired social worker, is
ncentrating exclusively on
ousewife—the job she loves
hough Sarah has six recipe
almost 100 cook books, she
er greatest pleasure comes
ing a standard recipe and
t her own.
s caring for the children—
e five, Melissa, age three,
ly, just six months old—
is time to make the family's
lls and coffee cakes and
heir bread. Here are some
orite recipes.
d Cheese Brunch Rolls (op-
ge: left) take the ho-hum
eakfast. A luscious sweet
h encases bits of chopped
grated cheddar cheese.
enjoys beating the food
ttle and uses instant nonfat
der in lots of her baking,
her **Cracked Wheat Bread**
page: right). Because of
children in her family,
ks the cracked wheat be-
g it to the bread.
ry Sweet Rolls (right) go
ike cinnamon rolls with
ery important addition—
icy blueberries. Drizzle a
sugar icing atop.
ou are looking for a quick
a sparkle of citrus, serve
read (right). Sarah adds a
glaze that makes this
e as good.
us sweet breads are your
here's a real treat. **Sticky**
et Rolls with Bacon (right)
much like other sticky
pt for Sarah's personal
mixes a little maple fla-
h brown sugar and butter
pans, then rolls up the
a lots of crumbled bacon.
gin on page 104
rmation, page 98



Make Homemade Breads Your Specialty



PAM MURTAUGH HAS A BREAD-BAKING PHILOSOPHY

Pam Murtaugh of Indianola, Iowa, has a special philosophy about bread baking. To her, the most important and exciting thing is the act of baking itself, rather than the end product. Pam told us, "Even bread that's bad is good. If the bread resembles a flat brick more than a loaf, no matter. It still fills the house with same aroma if a little more chew. A spect for the yeast and other ingredi turns bread into an event, not ju staple." The important thing, she f is not to be afraid to try.

And Pam is willing to try anyt Witness the way she started cookin one of a group of idealistic young c tainers called *Up with People*, Pa with no cooking experience—vo teered to prepare meals for 80 pe

Photographs: Hopkins; de





Pam uses honey to add natural sweetness to the naturally good rolls.

After the mixer has done its job, Pam stirs in enough additional flour by hand to make a moderately stiff dough.

Pam uses her fingers to spread butter over the rolled out dough.

Roll up the dough, beginning with the outside edge. Place point down, 2 to 3 inches apart, on greased baking sheet.

those 80 became her hus-
e read the recipes designed
and multiplied by 20.
arted bread baking with the
d of undauntable enthusi-
and husband, Tim, were
their first child, and like
ege couples had no washer.
he money for the machine,
ed and sold the luscious
u see on these pages.

Oatmeal Bread (right) is
th skim milk, rolled oats,
and unbleached flour
uses in all her breads. The
e ingredients make for
ng as well as good health.
re putting the loaves into
brush the tops with beaten
and sprinkle some addi-
led oats atop to give your
int of the goodness inside.

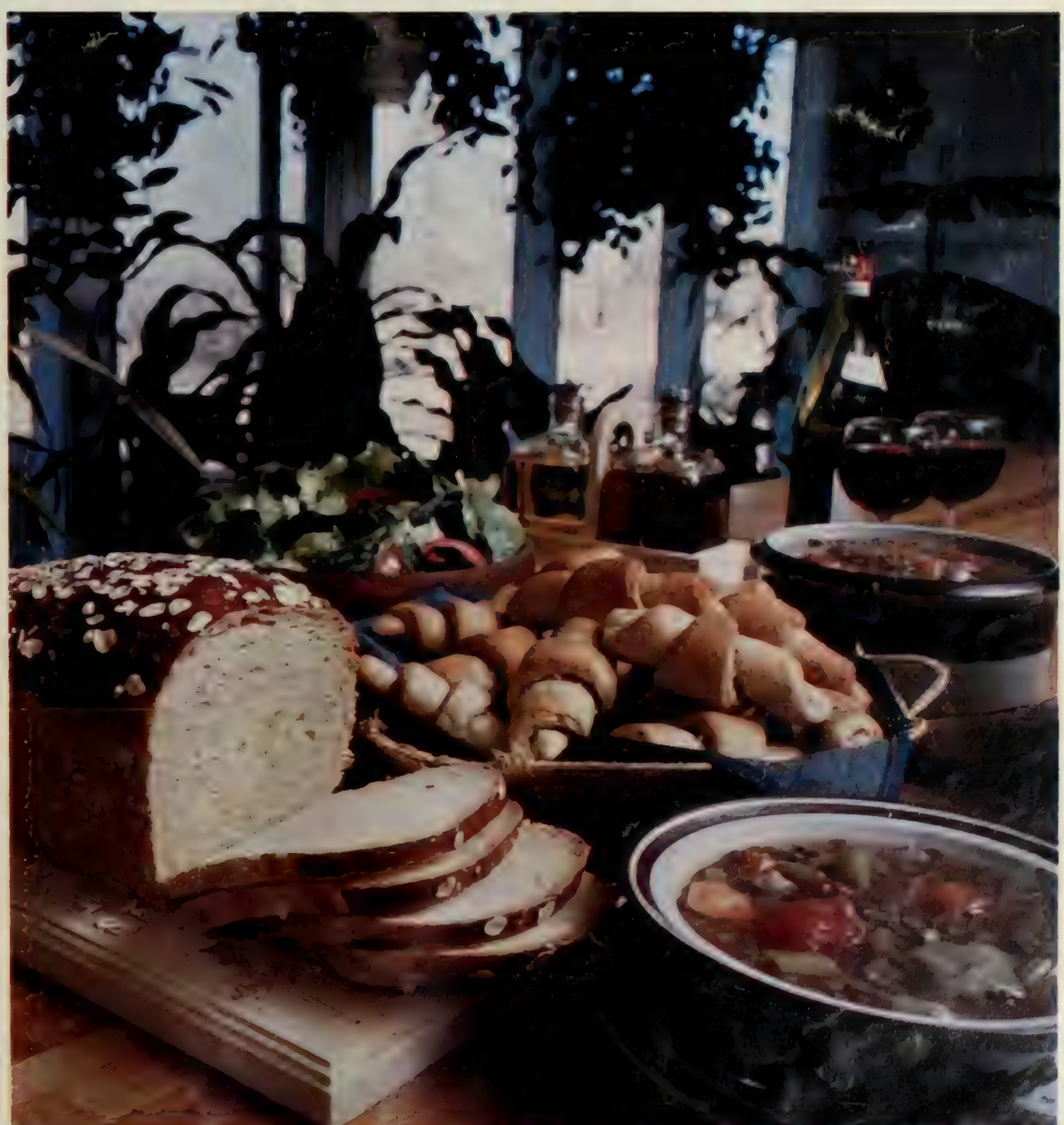
Wheat Butterhorns (right)
with whole wheat flour of
t Pam rolls up something
n these golden rolls—
filberts. Serve the butter-
ngside your favorite soup.

White Braid (opposite page:
e sliced if you're the con-
type, but Pam thinks it's
fun to offer the loaf and
ne tear off a chunk.
omething super and some-
rent wrapped up in one?

lough Rye Buns (opposite
ter). Pam makes her own
starter from yeast, warm
ey, and flour, then adds a
d of rye and whole wheat
e coarse cracked salt on
the buns company special.

/heat Molasses Bread (op-
e: right) may become part
amily's most-wanted list.
lot of crunch in the crust
f goodness in every bite.

gin on page 104
rmation, page 98



BASIC BREAD-MAKING TECHNIQUES

Homemade breads need not be wrapped in mystery. On this page you'll find the information you need for success in just about every yeast bread recipe. We provide the how-to of bread-making techniques along with the reasons behind them. If there are any areas where you'd like special help, just write. We'll be happy to answer your questions.

Mixing: The yeast and flour manufacturers have put their heads together and come up with a step-saver that assures more consistent results. In your mixer bowl, just stir together about half the flour and the undissolved yeast. The step of dissolving the yeast in warm water has been eliminated in many yeast bread recipes, but if you feel more comfortable dissolving the yeast go ahead: it will work either way.

Next, add the warm liquid ingredients and beat with an electric mixer. This beating stage begins the important process of developing the gluten, the bread's framework. Now stir in as much flour as necessary, by hand, to make a moderately stiff dough (one that comes out of the bowl in a mass, rather than pouring). There will be some flour left over for kneading.

Kneading: Turn the dough out on a lightly floured surface. (The flour used for kneading is part of the measured amount.) You will want to flour your hands, too, because a moderately stiff dough is still sticky. When your recipe gives a range for the amount of flour, start with the smaller amount, adding only enough extra flour to make the dough easy to handle. Using more flour than necessary makes the dough stiff and less manageable during kneading and shaping, producing heavier bread or rolls.

To knead dough, curve your fingers over the dough, pull it toward you, then push it down and away from you with the heel of your hand. **(1)** Give the dough a quarter turn, fold the dough toward you, and push it down again. You'll need to add flour till the dough loses its stickiness. (On humid days the dough will take more flour.) Keep repeating the kneading motions until the dough is smooth.

Kneading is the key step to a good loaf of bread. This process develops the gluten in the flour into long thin strands. As yeast grows, it gives off carbon dioxide which is trapped in the gluten strands. This stretches the gluten, flour's elastic protein, giving the bread its high, light texture. Firm kneading strokes develop long strands of gluten, giving bread small uniform holes and a fine texture. Rough or too vigorous kneading breaks and shortens the gluten strands, causing large holes and poor volume. Knead till the dough develops a life of its own. It will feel elastic and respond to your touch. Kneading usually takes about eight to ten minutes. Don't worry; you can't knead the dough too long.

Rising: A constant temperature of 80 degrees F. is ideal for the rising of yeast bread. During rising, the yeast grows and passes off carbon dioxide which is trapped by the gluten, causing the mass of dough to be stretched.

You'll need to provide a warm place for the dough to rise. Place it on the top rack of a cold oven, and put a pan of hot water on the lower rack. **(2)** Or, if you prefer, just set the bowl of dough on your kitchen counter, making sure that the rising dough is protected from any drafts. The rising times given in recipes are approximate; actual rising time depends upon temperature and humidity in your kitchen.

To prevent the surface of the dough from becoming dry and hard as it rises, place it in a lightly greased bowl, turning once to completely coat its surface. Cover the coated dough loosely with waxed paper and a damp kitchen towel. To tell if the rising is completed and the dough has doubled in bulk, press two fingers lightly ½ inch into the dough. **(3)** If the indentation remains, the dough is ready for shaping.

Punch the dough down by pushing your fist into the center. Then, pull the edges of the dough to the center, turn the dough over, and place it on a lightly floured surface.

Shaping: Various methods can be used to shape dough but first let the dough rest, covered, about ten minutes after it has been punched down and divided into a manageable size. This resting allows the gluten strands to relax, making the dough less elastic and much easier to handle. Handling the dough during shaping bursts any large air bubbles and produces bread with a smooth, even exterior.

To shape dough into a loaf, roll into a 12x8-inch rectangle. Make sure you roll to outer edges to pop any air bubbles. Roll rectangle up tightly, starting with the eight-inch edge. As you roll, seal with fingertips. **(4)** Be sure to seal the seam completely by pinching the dough together. Also seal the ends by pinching each into a thin sealed strip. **(5)** Fold these strips under the loaf into the seam side. Place loaf seam-side down into a greased baking pan. Grease and cover the surface and let it rise again till it's almost doubled in size. When checking the second rising, press your fingers *lightly* against the edge of the loaf. The dough should feel light and spongy. It will have lost its elasticity and won't bounce back.

Or, if you prefer, you can shape loaves into rounds and bake them in layer cake pans or on baking sheets. Braided bread is popular but be sure to braid the bread very loosely so that the interwoven effect is not lost as the bread doubles in bulk.

Baking: Bake bread at the temperature specified in the recipe. During the first few minutes of baking, the leavening gas in the dough expands rapidly, giving the bread its greatest volume. So have your oven preheated to the correct temperature before putting the raised loaf in to bake. As bread bakes, the gluten framework is set, the yeast is destroyed which in turn stops the rising action, and the flavor of the bread is fully developed.

After the suggested time for baking has elapsed, test the bread for doneness by tapping the top crust with your finger. **(6)** When there is a hollow sound, the bread is thoroughly baked and the crust should be nicely browned. If the bread browns too quickly, cover your loaf with foil to prevent the crust from burning. Use the foil cover after the top has browned but the sides are still light. Also, if you consistently have problems with crusts browning too quickly, check with an oven thermometer to make sure that your oven temperature is correct.

Remove yeast breads from baking pans immediately after taking them from the oven. This prevents the crust from being "steamed" in the pan. Place bread on a wire rack to cool.

Storage: Wrap cooled bread in foil or clear plastic wrap before storing in a well-ventilated bread box. Do not refrigerate baked yeast breads or rolls: refrigerator temperatures cause breads to stale.

Breads, dinner rolls, and sweet rolls may be frozen satisfactorily up to three months. Glazes, icings, and frostings with powdered sugar don't freeze well. Put the topping on after you thaw the breads or rolls.



Campbell's Tomato Soup.
You know it's always going to taste as good as you remember.





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M'm! M'm! Good!

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

THE BOX
Page 56 (top): Built-in cabinet unit—Arrow Cabinet Co., Falls Rd., Baltimore, Md. 21209. Polished chrome lamp—George Kovacs, 831 Madison Ave., N.Y., N.Y. 10221. Carpet—Ozite Corp., 1755 Butterfield Rd., Libertyville, Ill. 60048. Chair—Moreddi, Inc., 1326 Obisto Ave., Long Beach, Calif. 90804. (Bottom left): Fabric on beds—Brunschwig & Fils, Inc., 410 E. 62nd, N.Y., N.Y. 10022. Lamp—Chapman Mfg., 481 W. Main St., Mass. 02322. (Bottom right): Lamp Lamp Corp., 100 Dock St., Port N.Y. 10573.
Page 57 (top): Desk lamp—Lightol Claremont Ave., Jersey City, N.J. (Middle): Paint—Martin Senour 2500 S. Senour Ave., Chicago, Ill.
HOW TO UNBUNGLE A BUNGALO
Page 58 (top): Black couch, plai oak coffee table—Metropolitan F Corp., 950 Linden Ave., San Fr Calif. 94080.
Page 59 (top right): Yellow an Metropolitan Furniture Corp., 950 Ave., San Francisco, Calif. 9408 dle right): Light fixture—Rober Inc., 950 Linden Ave., San Fr Calif. 94080. All appliances—E Electric, Appliance Park, Louis 40225. Flooring—Congoleum In Kearny, N.J. 07032. Counter to mica Corp., 120 E. 4th St., Cin Ohio 45202. (Bottom right): A ances—General Electric, Applian Louisville, Ky. 40225. Flooring leum Ind., Inc., Kearny, N.J Counter tops—Formica Corp., 1 St., Cincinnati, Ohio 45202.
UNUSUAL WAYS WITH WALLPAI
Page 75 (bottom left and righ paper "Stencil Buds"—Old Sto 969 Third Ave., N.Y., N.Y. 100
Page 76 (top): Wallpaper—Thor han Co., 150 Heard St., Chelsr 02150. (Bottom): Wallpaper Stripes"—Creative Industries, L W. Pico Blvd., Los Angeles, Cal
Page 77 (top): Wallpaper "Stoni F. Schumacher & Co., 939 Th N.Y., N.Y. 10022. (Bottom): Wa Richard W. Thibaut, Inc., 180 V N.Y., N.Y. 10014. Chair—Thaye Inc., S. Rd., High Point, N.C.
Page 78 (top): Wallpaper—Ph Inc., 979 Third Ave., N.Y., N (Bottom): Wallpaper "Chevron son Wallpapers, Inc., 979 Th N.Y., N.Y. 10022. Lamp—Tyndale 230 Fifth Ave., N.Y., N.Y. 100
Page 79 (top): Wallpaper—Judso Prints Ltd., 979 Third Ave., N 10022. Lamp—Tyndale, Inc., Ave., N.Y., N.Y. 10001. (Bottom paper—W.H.S. Lloyd Co., Inc., Ave., N.Y., N.Y. 10022.
HOW TO GET A NEW-LOOKING WITHOUT GOING BROKE
Page 80 (bottom left): Ovens—T 5119 District Blvd., Los Ange 90022. Lighting fixtures—Light Claremont Ave., Jersey City, N Grill—Jenn-Air Corp., 3035 S Indianapolis, Ind. 46226. Cera The Tile Shop, 27 Stanhope St Mass. 02116.
Page 81 (large right): Counter mica Corp., 120 E. 4th, Cincin 45202.
Page 82 (left): Wallpaper—Wall 16147 Cohasset, Van Nuys, C Light fixture—Georgian Lighti 19th St., N.Y., N.Y.
Page 83 (right): Cabinet hard of Hangkow Tassel Co., 420 G San Francisco, Calif. 94108. —KitchenAid, The Hobart Mfg. Ohio 45373. Cook top—Jenn 3035 Shadeland, Indianapolis, I
Page 84 (left): Wallpaper—"Su Bob Mitchell Designs, Box 8 City, Calif. 90230.
Page 84 (left): Lamp, table, a Copenhagen Imports, 807 W School Road, Phoenix, Ariz. 8
Page 86 (bottom left): Chair Folding Chair Co., Granville, N
MAKE HOMEMADE BREADS Y SPECIALTY
Page 93 (top): Mixer and bowl Beach Div., Scoville Manuf. C St., Waterbury, Conn. 06720. Mirro Aluminum Co., 1512 St., Manitowoc, Wis. 54220. cup—Pyrex by Corning Gl Corning, N.Y. 14830.
Page 95 (top): Bowl—Pfalt York, Pa. 17405. Saucepan by West Bend Co., 400 Wash West Bend, Wis. 53095. Measu Foley Manu. Co., 3300 N.E. neapolis, Minn. 55418. (Lower bowl—H. E. Lauffer Co., In Ave., N.Y., N.Y. 10010. Ser "Taos" by Independence Ir TERPACE Corp. 2901 Los Los Angeles, Calif. 90039.
PRIZE TESTED RECIPES
Page 101 (top left): Gravy bo platter—"Bandero" by Metlo Poppytrail Artware Div., 527 enth St., Los Angeles, Calif. right): Cake plate with stand border—Mottahedeh Creation Fifth Ave., N.Y., N.Y. 10010 pitcher and creamer—Rieker 2916 Cumming, Omaha, N
Page 102 (top left): Forks—O smiths, Oneida, N.Y. 134 "Martinique" by Franciscan Corp., 2901 Los Feliz Blvd., Calif. 90039. (Top right): S and fork—Dansk Designs, Circle Road, Mt. Kisco, (Bottom right): Salt and pep "Viking" by Viking Glass C tinsville, W. Va. 26155. Sk bian Enameling and Stamp Div. of General Housewares Box 4066, Terre Haute, Ind.

Simple Recipes for V.I.P.s of the Hour



Baseball Muffins
Mix 16 oz. Van Camp's pork and beans, 2 tbsp. chopped onion, 1 tbsp. sweet pickle relish, 1 tsp. prepared mustard. Halve 2 English muffins. Spoon bean mix onto each half. Top with cheese. Broil 5 min. Serves 4.



Hole-in-one Peppers
Pre-cook 3 green pepper shells in boiling salted water, 5 min.; drain. Mix 16 oz. Van Camp's pork and beans, 3 wieners cut up, 1 tbsp. grated onion, 2 tbsp. br. sugar, ¼ cup Stokely's Finest catsup, 1 tsp. prepared mustard. Fill shells. Bake 350°F. for 20 min. Serves 3.





New Car Casserole
Mix 21 oz. Van Camp's pork and beans with 16 oz. Stokely's Finest sliced peaches (drained and diced) in 1½ qt. baking dish. Bake 350°F. for 15 min. Top with 6 to 8 marshmallows; bake until brown. Serves 3 to 4.



Got-It-On-Sale Omelets
Prepare 2 omelets (using your favorite recipe). Combine 21 oz. Van Camp's pork and beans, ½ lb. wieners sliced penny fashion, 1 tsp. grated lemon peel, ¼ cup br. sugar, 2 tbsp. Stokely's Finest catsup in saucepan; heat to serving temperature. Spoon part of mix over part of omelet; fold and top with remaining mix. Serves 2.

Good Report Card Cantonese
Make rings using 1½ pineapple slices (20 oz. can) on each of 6 sandwich meat slices. Mix 21 oz. Van Camp's pork and beans, 1 tbsp. pickle relish, ½ tsp. dry mustard. Spoon mix into center of ring. Sprinkle ½ cup grated cheese over top. Serves 6.



Big Promotion Beans
In saucepan mix 31 oz. Van Camp's pork and beans, 33 oz. Stokley's Finest fruit cocktail (well drained), ¼ cup Stokley's Finest catsup, ¼ cup chopped green pepper, ¼ tsp. nutmeg, ½ tsp. cinnamon. Simmer on grill until warm. Serves 6 to 8.

ONE OF AMERICA'S GREAT SIMPLE PLEASURES

d facts on ezing meats

meat represents a sizable ient, it pays to protect it. ips and timetables can help the most from the meats u freeze.

ure your freezer maintains perature of 0° or less. with a freezer or outdoor meter.) If freezer temper- s any higher, the meat's flavor, texture, and some- nutritional value deterio- ter.

only moisture-vaporproof ngs such as freezer-weight astic bag, or plastic wrap. n wrap that comes on meat y at the store "breathes" so ldn't be used for freezer longer than two weeks. nger storage, overwrap in freezer material.

can leave fish or poultry sed frozen in the original ng without any further apping. Freeze *no more o to three pounds of food pic foot* of freezer space 24-hour period.

all packages as to the s, amount, and the pack- ate or the expiration date rt).

freeze cured meats such n and ham for long peri- salt used in curing pro- rancidity. Frankfurters cheon meats are not rec- led for freezing.

can refreeze partially meat that still has some als and is firm in the cen- quality of the meat may ered, however.

	Storage Time (months)
nd, stew meat	3 to 4
s, steaks	6 to 12
	6 to 9
nd veal	
s, roasts	6 to 9
nd, stew meat	3 to 4
red	
	1 or less
	1 to 2
esh	
	3 to 4
d	1 to 2
s	4 to 8
ge	1 to 2
en, turkey	12
goose	6
	3
neats	3 to 4

Of all these leading oils Kraft Safflower oil polyunsaturates best.

Ratio of polyunsaturates to saturated fats

Safflower 8.5 to 1

8.0 to 1

6.0 to 1

Corn 4.5 to 1

4.0 to 1

Soybean 3.5 to 1

high in polyunsaturates

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PURE Safflower Oil

Soybean—Cottonseed 3.0 to 1

Peanut 2.0 to 1

A major independent research group has found that of these leading vegetable oils, Kraft Safflower Oil is highest in polyunsaturates. Higher than peanut oil. Or soybean. Or cottonseed. And even higher than corn oil.

The same study shows Kraft to be highest in quality for deep-fat frying, too. It makes your fried foods turn out crisp, golden brown and deliciously light. And Kraft Safflower Oil has such a light, delicate taste it really lets the flavors of a salad come alive. No wonder Kraft Safflower Oil is growing at a faster rate than any other major brand of vegetable oil.



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To make exciting desserts with ice cream, start with Jell-O®

BRAND GELATIN



You can serve this dessert on any day. In less than an hour.



1. First dissolve gelatin with boiling water in an 8- or 9-inch metal pan. (The pan helps the gelatin cool faster.) Then remove 1/2 cup and pour into a bowl. Add 1/2 cup cold water to the gelatin in the pan and place in the freezer until it thickens—10 to 15 minutes.



2. Meanwhile, add 1 cup ice cream to the gelatin in the bowl; stir until smooth. Remove thickened gelatin from the freezer and, if desired, stir in fruit, reserving a few pieces for garnish.



3. Spoon thickened gelatin and fruit into individual dessert glasses.



4. Top with the ice cream/gelatin mixture. Chill 30 minutes. Garnish and serve. Make a quick dessert for your family tonight. It's easy when you start with Jell-O Gelatin.

Ingredients:

1 pkg. (3 oz.) Jell-O Gelatin, any flavor
1 cup boiling water
1/2 cup cold water
1 cup vanilla ice cream, or your favorite flavor
1 cup canned fruit—drained—fruit cocktail, sliced peaches, or mandarin oranges
Makes 5 servings with fruit added.

Start with Jell-O.®

This recipe is part of a series. Tear it out and soon you'll have a great recipe collection.



Buying information, page 98

FILE UNDER MEATS

VARIETY MEATS

Chinese-style Beef Tongue Pot Roast

Serve half the marinated tongue in this first-rate recipe and use the rest in sandwiches later—

3-pound beef tongue
¼ cup soy sauce
1 tablespoon sherry
1 clove garlic, minced
2 teaspoons sugar
1 teaspoon salt
¼ teaspoon dried tarragon, crushed
¼ teaspoon ground ginger
6 medium potatoes, pared and halved
2 tablespoons cornstarch
2 tablespoons minced green onion

In pressure saucepan, combine tongue and 1½ cups water; cook at 15 pounds pressure for 30 minutes. (Or cook, covered, in water, for 1½ hours.) Drain and peel tongue. Combine soy, sherry, garlic, sugar, salt, tarragon, and ginger; pour over tongue. Marinate ½ hour, turning once. In large saucepan, combine tongue, marinade, and 2¾ cups water. Cover and simmer 1 hour and 40 minutes. Add potatoes; simmer 15 to 20 minutes more. Remove tongue and potatoes. Combine ¼ cup cold water, cornstarch, and onion. Stir into marinade. Cook and stir till bubbly. Serve gravy with half of the tongue, sliced, and the potatoes. Makes 6 servings.

Mrs. Theodora W. Chong, Pearl City, Hawaii

Cut along dotted line



Photographs: Dieter

FILE UNDER DESSERTS

MOCHA DESSERTS

Frozen Mocha Toffee Dessert

Crème de cacao combined with whipped cream makes an elegant topping for a prizewinning dessert—

8 ladyfingers, split
2 tablespoons instant coffee crystals
1 tablespoon boiling water
1 quart vanilla ice cream, softened
4 chocolate-covered toffee bars, frozen and crushed (1 cup)
½ cup whipping cream
2 tablespoons white crème de cacao

Line the bottom and 2 inches up sides of an 8-inch springform pan with the split ladyfingers, cutting to fit. Dissolve the coffee crystals in the 1 tablespoon boiling water. Cool. Stir together coffee, ice cream, and crushed candy. Spoon into springform pan; cover and freeze till firm. Before serving, combine cream and crème de cacao; whip to soft peaks. Spread over top of frozen ice cream layer. Garnish with pieces of additional broken toffee bars, if desired. Makes 8 to 10 servings.

Mrs. John B. Williams, Northridge, Calif.



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Mocha Marvel

1½ cups crushed cream-filled chocolate sandwich cookies (17 cookies)
3 tablespoons butter or margarine, melted
1 4-ounce package vanilla soft-style whipped dessert mix
1⅓ cups milk
1 teaspoon vanilla
1 4½-ounce carton frozen whipped dessert topping, thawed
1 teaspoon instant coffee powder
1 tablespoon brown sugar
1 square (1 ounce) unsweetened chocolate, melted and cooled

Combine cookies and butter or margarine; reserve ¼ cup. Press remaining crumbs into 10x6x2-inch baking dish. Prepare dessert mix, using the 1⅓ cups milk and vanilla. Fold in dessert topping. Dissolve coffee in 1 teaspoon hot water; mix in brown sugar. Stir into half of the dessert mix. Spoon over cookie crumbs. Stir chocolate into remaining mixture. Spread over coffee layer. Top with the reserved crumbs. Freeze. Makes 8 servings.

Mrs. Frank Arkell, Jr., Scottsdale, Ariz.



Mocha Rice Souffle

2 cups milk
⅓ cup long-grain rice
2 squares (2 ounces) semisweet chocolate, melted
½ cup sugar
1½ tablespoons instant coffee crystals
3 slightly beaten egg yolks
1 teaspoon vanilla
3 egg whites
¼ cup sugar

Combine milk, rice, and ½ teaspoon salt. Simmer, covered, 20 minutes. Stir in chocolate, the ½ cup sugar, and coffee. Stir a moderate amount of chocolate mixture into yolks; return to pan. Cook and stir till bubbly; reduce heat and cook 2 minutes. Remove from heat. Stir in vanilla. Beat egg whites to soft peaks. Gradually add remaining sugar; beat to stiff peaks. Fold in chocolate mixture. Pour into four 8-ounce souffle dishes. Bake in 350° oven 20 minutes. Serve with whipped cream and powdered sugar. Makes 4 servings.

Mrs. Rae Iverson, Jericho, Vt.



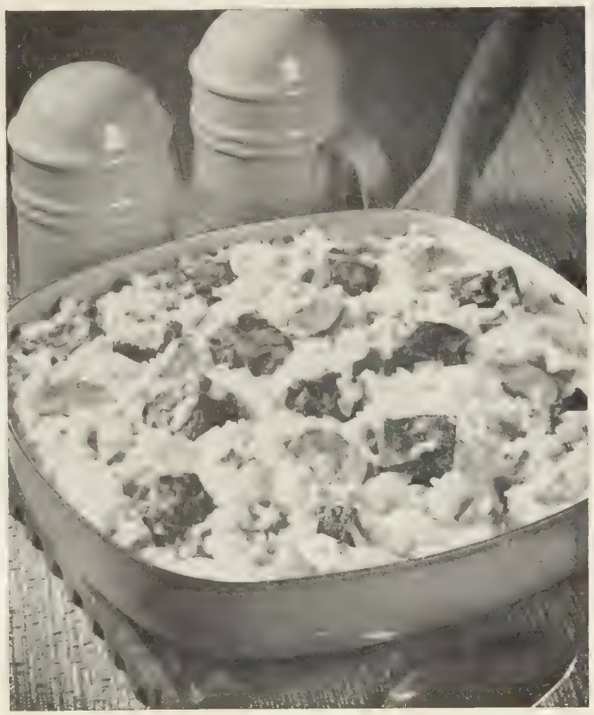
Liver Barbecue

Fresh liver may be refrigerated in its original wrapper, but perishes quickly, so use it within two days—

4 slices bacon
1½ pounds beef liver, sliced
1 large onion, cut into thin wedges
1 clove garlic, minced
1 15½-ounce can barbecue-flavor sandwich sauce
¾ cup water
1 tablespoon horseradish-mustard

In large skillet, cook bacon till crisp; drain, reserving 3 tablespoons drippings. Crumble bacon; set aside. In reserved drippings, brown liver quickly on both sides; remove and cut into strips. In same skillet, cook onion and garlic till tender but not brown. Stir in sandwich sauce, water, and mustard. Season to taste with salt and pepper. Return liver and crumbled bacon to skillet. Simmer, uncovered, about 10 minutes, or till liver is done. Serve over cooked noodles. Makes 6 servings.

Mrs. Jerome Chicvara, Whiting, Ind.



Creamy Heart and Rice Skillet

To prepare the heart for cooking, wash it, remove the outer membrane, then cut out any hard parts such as arteries—

1½ pounds beef heart
2 tablespoons cooking oil
1½ cups water
⅔ cup long-grain rice
⅓ cup chopped celery
¼ cup chopped green pepper
1 can condensed cream of mushroom soup
1 3-ounce can sliced mushrooms, drained
½ envelope dry onion soup mix (about ¼ cup)

Trim fat from heart; discard. Cut remaining meat into ½-inch cubes. In 10-inch skillet, brown heart in hot oil. Add water; cover and simmer about 45 minutes or till meat is nearly tender. Add uncooked rice, celery, and green pepper; bring to boiling. Reduce heat; cover and simmer 20 minutes or till rice is tender. Stir in mushroom soup, mushrooms, and onion soup mix. Heat through. Makes 6 servings.

Jeanne Hauser, Aurora, Ill.



Win a Gourmet holiday in Europe with a One Dish Supper Recipe.



In appreciation of last year's nationwide response, Seagram's V.O. Canadian whisky and Gourmet Magazine present the 2nd annual Seagram's V.O. International Recipe Competition. A once-in-a-lifetime chance for your favorite "One Dish Supper" recipe to win an all-expense paid holiday for two in Europe: fourteen days of first-class travel and gourmet dining in the great restaurants of London, Paris and Rome.

Your "One Dish Supper" recipe must be original and unique, a specialty created by you in a single dish or pot. Whether it's a casserole, goulash, ragout, stew or any other "One Dish Supper," your recipe should be a one-of-a-kind creation, like Seagram's V.O., with a taste all its own. And like V.O., your recipe can be associated with any part of the world.

To qualify, your "One Dish Supper" entry must list all the ingredients and proper measurements in order of use, and give clear directions for your method of combining and/or completing the recipe. Dish or pot size, temperature, and time for cooking and preparing must also be included, as well as yield in terms of number and size of servings.

Gourmet cookbooks will be awarded to the 25 semi-finalists. This year's 5 finalists will spend January 22-24, 1975 in Montreal, Canada, as guests of Joseph E. Seagram & Sons, Inc. This will include deluxe hotel accommodations, first-class airfare, activities, evening meals, all for two persons, and $300 cash to cover incidentals. The contest winner will be announced at a dinner party in one of Montreal's finest restaurants.

The 25 prize-winning recipes from last year's contest have been assembled into The Seagram's V.O. Hors d'Oeuvre Recipe Book. This free book is available upon request by writing to V.O. Hors d'Oeuvre Recipe Book, P.O. Box 5068, Hicksville, New York 11816.

Contest rules and regulations:

1. Your single recipe entry must be typed or written legibly in ink, and must include your name and address.
2. Each contestant will be limited to a single entry.
3. All entries will be judged on the basis of originality and taste as well as the listing of ingredients and proper measurements and the clarity of directions.
4. All entries will first be reviewed by Creative Food Service, Inc. which will select the 1,000 best recipes. Gourmet Magazine's panel of experts will select the 25 semi-finalists, 5 finalists and the ultimate winner. The decisions of the judges will be final. Finalists and semi-finalists will be notified on or before December 31, 1974
5. Employees of Joseph E. Seagram & Sons, Inc. and affiliates, retailers and wholesalers of alcoholic beverages, Creative Food Service, Inc., Gourmet Magazine, their advertising agencies and their immediate families are not eligible for this contest. Entrants must be of legal drinking age in state of residence
6. The all-expense paid European Holiday for the winner and guest includes deluxe accommodations, first class airfare, evening meals, airport transfers, and $1,500 cash to cover incidentals and miscellaneous meals. All hotels will be selected by Joseph E. Seagram & Sons, Inc. All accommodations will be double occupancy.
7. This contest is void in states or localities where illegal or otherwise restricted by law.
8. To be eligible for judging, all entries must be postmarked no later than midnight, November 15, 1974. None will be returned. All entries become the property of Joseph E. Seagram & Sons, Inc. who will have the right to use the names and likenesses of all finalists and the ultimate winner for advertising, publicity and promotional purposes.
9. The all-expense paid holiday must be taken within the calendar year 1975. The winner must give Joseph E. Seagram & Sons, Inc. at least 60 days prior written notice of the intended departure date. In case of forfeiture, such prize will be awarded to the runner-up out of the 5 contest finalists as selected by Gourmet Magazine's panel of experts. There will be no duplicate or substitute prizes. In case of duplicate entries, the entry bearing the earliest postmark will be eligible for prize.

MAIL YOUR RECIPE ENTRY TO:
Gourmet Holiday
Dept. H, P.O. Box 300
Church Street Station
New York, New York 10046

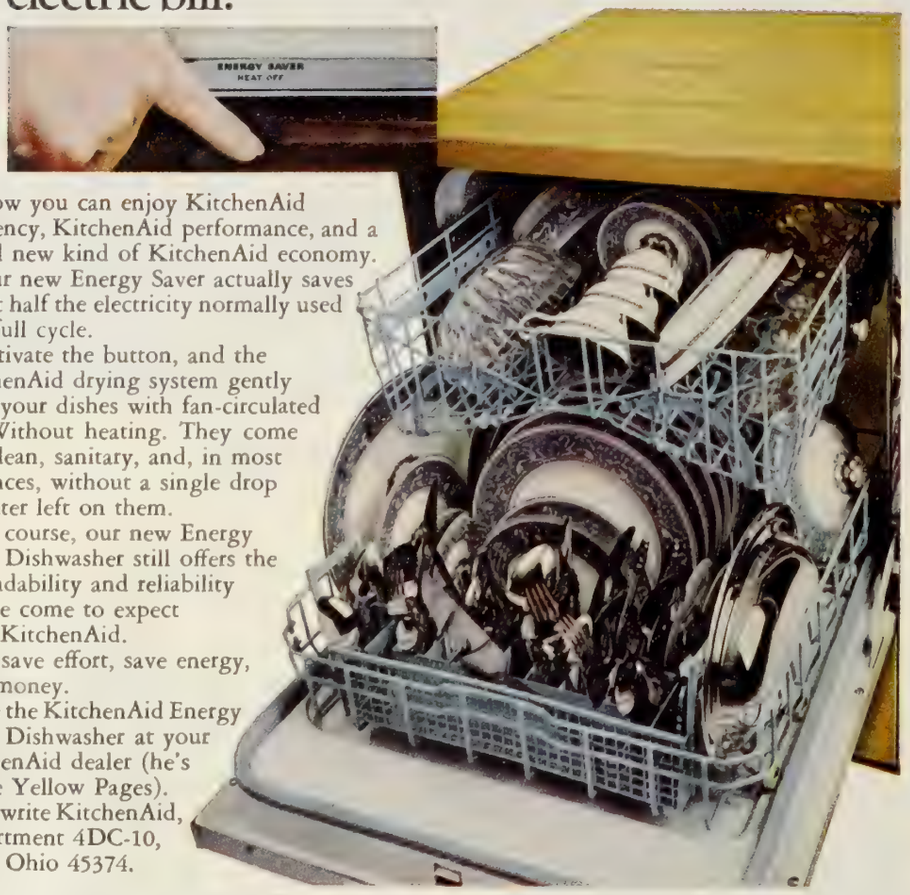


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begins on page 88

Homemade bread

ALMOND PASTE TWIRL

A powdered sugar frosting is a pleasant alternative to the pearl sugar pictured—

3 to 3¼ cups all-purpose flour
1 package active dry yeast
1 cup milk
6 tablespoons butter or margarine
⅓ cup granulated sugar
½ teaspoon salt
1 egg
1 recipe Almond Filling
Pearl sugar

In large mixer bowl, combine 2 cups of the flour and the yeast. In saucepan, heat together milk, butter or margarine, granulated sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Knead on lightly floured surface till smooth, about 3 to 5 minutes. Shape into a ball. Place in greased bowl; turn once to grease surface. Cover; let rise in warm place till double, about 1 hour. Punch dough down. Let rest 10 minutes.

Roll to 18x12-inch rectangle. Spread with Almond Filling. Roll up from long edge jelly-roll style. Pinch to seal edge. Place seam side down diagonally or shape into a ring on large greased baking sheet. Cut with kitchen shears every ½ inch to within ½ inch of bottom. Gently pull slices alternately to the left and to the right. Let rise in warm place till nearly double, about 45 minutes. Bake in 375° oven for 20 to 25 minutes. While still hot, sprinkle with pearl sugar. Makes 1 large coffee bread.

To make Almond Filling: Cream together ⅓ cup granulated sugar and 2 tablespoons butter or margarine till light and fluffy. Stir in ¼ cup ground almonds and ¼ teaspoon almond extract.

BRIOCHE

Use only the yellow portion of lemon peel; the whitish membrane is bitter—

1 package active dry yeast
½ cup butter or margarine
⅓ cup sugar
1 teaspoon salt
3½ cups all-purpose flour
½ cup milk
4 eggs
1 teaspoon shredded lemon peel

Soften yeast in ¼ cup warm water (110°). In a mixer bowl, thoroughly cream together butter or margarine, sugar, and salt. Add 1 cup of the flour and the milk to creamed mixture. Separate 1 egg. Beat remaining 3 eggs and the 1 egg yolk together; reserve egg white. Add softened yeast, beaten eggs and lemon peel to creamed mixture; beat well. By hand, stir in remaining flour. Beat till well mixed. Cover; let rise in warm place till double, about 2 hours. Stir dough down; beat well. Cover and refrigerate overnight. Stir dough down; turn out on floured surface. Set aside ¼ of the dough. Cut remaining dough into 6 pieces; divide each into 4 balls. With floured hands, tuck under cut edges of balls. Place in greased 2¾-inch muffin pans. Cut reserved dough in 4 wedges; divide each into 6 pieces. Shape into 24 balls. Make indentation in each ball in muffin pan. Brush holes with water; press



small balls into indentations. Cover; let rise till double, about 30 minutes. Slightly beat reserved egg white; brush over rolls. Bake in 375° oven about 15 minutes. Makes 24 rolls.

KUGELHOF

If you prefer, cover the raisins with boiling water instead of rum and let stand 5 minutes—

½ cup raisins
¼ cup rum
¾ cup milk
1 13¾-ounce package hot roll mix
2 beaten eggs
4 tablespoons butter or margarine, melted
¼ cup sugar
1 teaspoon grated lemon peel
½ teaspoon ground mace
½ cup chopped walnuts
1 tablespoon butter or margarine, melted
3 tablespoons fine dry bread crumbs

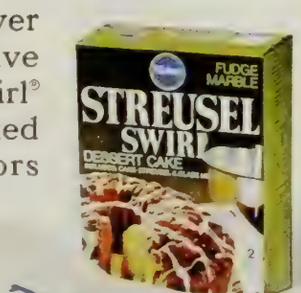
Soak raisins in rum; let stand till plump. Drain; set aside. Heat

continued



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FAMILY FOOD IDEAS

e Pillsbury Co 1974

We've harvested some of the best sandwiches around, to start off the fall season. They're all made with Kraft Singles process cheese food slices and Kraft Natural Slices, for the big flavor that hearty fall appetites love. The recipes and the sandwich slices are all at the Kraft Sandwich Shop at your grocer's dairy case. Come on by and look around.



HAM SALAD BOATS

2 c. finely chopped ham
1 c. cooked peas
1 Tbs. chopped onion
1 hard-cooked egg, chopped
Miracle Whip Salad Dressing
6 French bread rolls
Kraft Monterey Jack Singles Pasteurized Process Cheese Food

Heat oven to 350°. Combine ham, peas, onion, egg and enough salad dressing to moisten; mix lightly. Split roll in half lengthwise; scoop out center of both halves to form a shell. For each sandwich, fill shell with alternating amounts of ham mixture and cheese food; cover with top half of roll. Place rolls on baking sheet. Bake at 350°, 15 minutes. 6 sandwiches.



HAM BRUNCHWICH

1 2¼-oz. can deviled ham
2 Tbs. chopped celery
2 English muffins, split, toasted
Kraft American Rounds Pasteurized Process Cheese Food Slices
4 tomato slices
Hard-cooked egg wedges

Combine ham and celery. For each sandwich, cover muffin half with cheese food, tomato and ham mixture; broil until cheese food melts. Top with egg wedge. 4 sandwiches.





ITALIAN STYLE CHEESE SANDWICH

Hamburger buns, split
Salami slices
Pepper loaf luncheon meat slices
Kraft Natural Low Moisture Part-Skim Mozzarella Cheese Slices
Tomato paste
Oregano leaves, crushed

Heat oven to 350°. For each sandwich, cover bottom half of roll with salami, luncheon meat, cheese, tomato paste and oregano. Place sandwiches on baking sheet. Bake at 350°, until cheese is melted. Serve with top half of bun.

HARVEST TIME SANDWICH

Whole wheat bread slices
Kraft Real Mayonnaise
Lettuce
Spiced apple rings
Kraft Natural Brick Cheese Slices
Pork slices

For each sandwich, spread slice of bread with mayonnaise. Cover with lettuce, apple rings, cheese, pork and second slice of bread.





ELBURGER GRILL

d slices
tural Swiss Cheese
Onion slices, sautéed
Soft Parkay Margarine

ed beef patties

ch sandwich, cover one slice of bread heese, beef patty, onions, cheese and slice of bread. Spread bread with mar- grill on both sides until lightly browned.



DELIGHT

r cream
hopped dill pickle
rolls, split
ce
Kraft Muenster Singles Pasteurized Process Cheese Food
Luncheon meat slices

e sour cream and dill pickle. For each h, cover bottom half of roll with lettuce, ood and meat. Top with sour cream ; serve with top half of roll. 4 sand-



ALAD SUPREME

ooked eggs, cooked
ped celery
hopped onion
e Whip Salad
sing
12 white bread slices, toasted
Lettuce
Cheez 'n Bacon Singles Pasteurized Process Cheese Food

ie eggs, celery, onion and enough salad g to moisten; mix lightly. For each ch, cover slice of bread with lettuce, ture, cheese food and second slice of sandwiches.

SPICY BEEF AND CHEESE LUNCH

1 lb. ground beef
¾ c. Kraft Barbecue Sauce
¼ c. chopped onion
6 Italian bread slices
Kraft Natural Colby Cheese Slices
1 3½-oz. can French fried onions

Brown ground beef; drain. Add barbecue sauce and onions. Simmer 15 minutes. For each sandwich, cover slice of bread with cheese, barbecue mixture and French fried onions. 6 sandwiches.



SAUCY CORNED BEEF DELUXE

½ c. sour cream
1 Tbs. Kraft Pure Prepared Mustard
4 Kaiser rolls, split
Lettuce
Kraft Natural Monterey Jack Cheese Slices
Corned beef slices

Combine sour cream and mustard. For each sandwich, cover bottom half of roll with lettuce, cheese and corned beef. Top with sour cream mixture; serve with top half of roll. 4 sandwiches.



SEAFARE BUNWICH

1 16-oz. can salmon, drained, flaked
½ c. chopped spinach
¼ c. Kraft Real Mayonnaise
1 tsp. lemon juice
2 eggs, beaten
1½ c. cracker crumbs
Kraft Pure Vegetable Oil
8 sesame seed buns, split, toasted
Kraft Pimento Singles Pasteurized Process Cheese Food
Tomato slices

Combine salmon, spinach, mayonnaise and lemon juice; mix well. Shape into eight patties; dip in egg mixture, then in crushed crackers. Fry patties in oil until golden brown and crisp. For each sandwich, cover bottom half of bun with salmon patty, cheese food, tomato and top half of bun. 8 sandwiches.





NUTTY CHICKEN SANDWICH

3 c. chopped cooked chicken
2 Tbs. chopped pimiento
2 Tbs. chopped green pepper
¾ c. chopped peanuts
Miracle Whip Salad Dressing
12 Italian bread slices, toasted
Lettuce
Kraft Natural Muenster Cheese Slices

Combine chicken, pimiento, green pepper, nuts and enough salad dressing to moisten. For each sandwich, cover slice of bread with lettuce, cheese, chicken salad and second slice of bread. 6 sandwiches.



CHEESE 'N CHICKEN CLUB

Whole wheat bread slices
Miracle Whip Salad Dressing
Lettuce
Canned luncheon meat slices
Kraft Sharp Natural Cheddar Cheese Slices
Cooked chicken slices
Hard-cooked egg slices

For each sandwich, spread three slices of bread with salad dressing. Cover slice of bread with lettuce, meat, cheese and second slice of bread. Top with chicken, eggs, cheese and third slice of bread. Cut into quarters.

KRAFT Division of **Kraftco Corporation**

Watch The Country Music Awards Show, live from Nashville, on October 14, 10 p.m. EST.

These recipes and others are at the Kraft Sandwich Shop at your grocer's dairy case.



continued

Homemade bread

milk just to warm (115° to 120°); add yeast from hot roll mix and stir to dissolve. Combine eggs, the 4 tablespoons butter or margarine, the sugar, lemon peel, mace, and yeast mixture. Add flour from mix; beat smooth by hand. Stir in raisins and walnuts. Cover; let rise in warm place till double, about 1½ to 2 hours. Meanwhile, prepare a 2-quart fluted tube pan or kugelhof mold by brushing with the 1 tablespoon melted butter; sprinkle with the dry bread crumbs. Stir down batter; spoon carefully into mold. Let ... almost double, about 50 ... minutes. Bake in 350° o... done, about 25 to 30 m... cool in pan 10 minutes. R... from pan. Cool on rack. M... coffee cake.

LUCIA BUNS

2 tablespoons hot water
⅛ teaspoon powdered saff...
3½ to 3¾ cups all-purpose ...
1 package active dry yeast
1 cup milk
½ cup sugar
6 tablespoons butter or mar...
1 teaspoon salt
1 egg
½ cup raisins, chopped
¼ cup chopped Brazil nuts

Pour hot water over saffr... stand. Combine 2 cups ... flour and the yeast. In sau... heat together milk, sugar ... or margarine, and salt ... warm (115° to 120°), stir ... butter almost melts. Add ... mixture in bowl; add egg ... fron. Beat at low speed of ... mixer for ½ minute, s... sides of bowl constantly, ... minutes at high speed. Stu... sins, nuts, and enough of ... maining flour to make a ... ately stiff dough. Turn ... floured surface; kne... smooth. Place in greased ... turning once to grease ... Cover; let rise till doub... to 1¾ hours. Punch doug... cover and let rest 10 minu... vide dough equally into 3... Roll each into a rope 9... inches long. Lay 2 ropes ... side on greased baking shee... each of the four ends towa... ter. Cover; let rise till dou... to 45 minutes. Bake in 42... about 8 to 10 minutes. M... buns.

HERBED BREAD

After cutting, loaf may st... a little where rolled—

2¼ to 2½ cups all-purpose ...
1 package active dry yeast
½ cup milk
½ cup water
1 tablespoon butter or marg...
2 teaspoons sugar
1 teaspoon salt
½ cup chopped parsley
½ cup chopped green onion...
1 clove garlic, minced
1 tablespoon butter or marg...
½ teaspoon salt
Dash freshly ground pepper

In large mixer bowl, co... cup of the flour and the ... saucepan, heat together ... ter, butter or margarine, ... and the 1 teaspoon salt ... warm (115° to 120°), ... constantly till butter almo... Add to dry mixture ... bowl. Beat at low speed ... tric mixer for ½ minute ...

continued

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Address _____

City _____ **State** _____ **Zip** _____

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No dishwasher
ergent can prevent
er spots.
Jet-Dry can,
because it works
in the rinse cycle.
This glass was washed with a
eading automatic dishwasher
detergent.
Any detergent, even the best,
can leave water spots, because
pots form in the rinse cycle,
after your detergent has gone
down the drain.
SOLID
JET-DRY
WATER SPOT PREVENTER
JET-DRY
STOPS
WATER SPOTS
This glass was washed with the
same detergent and Jet-Dry
Water Spot Preventer.
Jet-Dry works in the rinse cycle,
making rinse water sheet off
without leaving drops behind.
No drops. No spots.
Jet-Dry comes in Liquid form
for machines with dispensers
and Solid for machines without.
Either way, it lasts over two
months in normal use. Get Jet-Dry.

Quick-a-licious Cup-a-Soup™



Lipton Cup-a-Soup.
Lots of varieties—all rich with real ingredients.
Like real noodles, real chicken chunks, onions, tomatoes.
Anytime, anywhere enjoy Cup-a-Soup.

FAMILY FOOD IDEAS

Only from Lipton®

continued

Homemade bread

ing sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a very stiff dough. Turn out onto a lightly floured surface; knead till smooth and elastic, 5 to 8 minutes. Shape into a ball. Place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1 hour. Meanwhile, cook parsley, green onion, and garlic in remaining 1 tablespoon butter or margarine till wilted. Add remaining salt and freshly ground pepper.

Punch dough down; turn out onto lightly floured surface. Cover and let rest 10 minutes. Roll to a 18x14-inch rectangle. Spread parsley mixture to within 1 inch of edges. Roll dough up as for jelly roll, beginning with narrow end. Seal long edge. Place, seam side down, in greased 8½x4½x2½-inch loaf pan. Cover and let rise in warm place till almost double, 35 to 45 minutes. Bake in 375° oven till done, about 35 to 40 minutes. Remove bread from pan; cool on rack. Makes 1 loaf.

CHEESE BREAD KNOTS

If they shrink, pull strips of dough gently before tying knots—

5 to 5½ cups all-purpose flour
2 packages active dry yeast
2 cups milk
1½ cups (6 ounces) cut up process Swiss cheese
½ cup sugar
4 tablespoons butter or margarine
1 tablespoon salt
1 egg

In large mixer bowl, combine 2 cups of the flour and the yeast. In saucepan, heat milk, cheese, sugar, butter or margarine, and salt just till warm (115° to 120°), stirring constantly till butter al-

We're Listening

"I'm changing the way I do things"—that's what you keep telling us as you answer these "We're Listening" questionnaires which have been appearing in Better Homes and Gardens. Food manufacturers find your honest answers and candid comments very helpful.

You are invited to be a part of this project by the following Family Food Ideas advertisers: Lipton Cup-A-Soup, Wish-Bone Salad Dressing, Lea & Perrins Worcestershire Sauce, Hormel Chili, Betty Crocker Brownie Mix and Blue Diamond Almonds, Bisquick Buttermilk Baking Mix, Reynolds Wrap Aluminum Foil, Mary Kitchen Roast Beef Hash, Fleischmann's Yeast and Blue Bonnet Margarine, Dole Pineapple Chunks, Betty Crocker Frosting Mix, Grocery Store Products Mr. Mushroom, Betty Crocker Snackin' Cake, Dinty Moore Beef Stew, Campbell Soup and Betty Crocker Cake Mix.

Please complete this answer sheet and mail to "We're Listening," P.O. Box 4531, Des Moines, Ia. 50336.

ANSWER SHEET

1.____	7.____	13.____	19.____	25.____	31.____
2.____	8.____	14.____	20.____	26.____	32.____
3.____	9.____	15.____	21.____	27.____	33.____
4.____	10.____	16.____	22.____	28.____	34.____
5.____	11.____	17.____	23.____	29.____	35.____
6.____	12.____	18.____	24.____	30.____	36.____

We live in_____**(state).**

1. There are one or more members of my family who are trying to either control or reduce weight. **(1)** Agree **(2)** Disagree.
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12. We use potato chips, pretzels, nuts, snack crackers, etc. **(1)** Regularly **(2)** Occasionally **(3)** Seldom or never.
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ace 2 to 3 inches apart on eased baking sheet. Cover and rise till double, about 40 min- s. Brush with additional melt- butter if desired. Bake in 375° en 10 to 12 minutes or till akes 2 braids.

EESE BRUNCH

bake these rolls on ing sheet—

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hopped cooked ham
es) grated sharp dar cheese
arine, melted

, combine 2 cups of he yeast. In sauce- , shortening, sugar, ill warm (115° to g constantly till ost melts. Add to mixer bowl; add w speed of electric minute, scraping constantly. Beat 3 h speed. By hand, of the remaining a moderately stiff e dough out onto ; knead till smooth ut 3 to 5 minutes. ed bowl, turning surface. Cover; let

OUR FLAVOR DOESN'T SAY LOW CALORIE. ONLY OUR LABELS DO.



Wish-Bone® Low Cal Dressings have flavor so perfectly balanced and blended you can hardly tell them from our regular ones. Wish-Bone Low Cal Italian, Russian, French Style and Thousand Island.

Wish-Bone Low Cal Dressings.
100% real flavor.
90% fat free.

FAMILY FOOD IDEAS



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23. Cheeseburgers
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25. Frankfurters with cheese
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35. In everyday top-of-range cooking I most often use **(1)** Butter or margarine **(2)** Solid shortening **(3)** Cooking oil **(4)** Non-stick cooking spray.
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Lots of varieties—all rich with real ingredients.
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continued

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FAMILY FOOD IDEAS

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Mr. Lea: Some more Mini-Meatballs, Snodgrass?

Mrs. Snodgrass: Oh, everything tastes di Mr. Lea. What little culinary secret are you kee from us?

Mr. Perrins: Hardly a secret, my dear. It's perfect Worcestershire, the subtle flavor of w enhances so many foods—lamb, beef, ribs, chic fish. And, I might add, everything you're ea right now.

Mrs. Snodgrass: Gentlemen, you must giv the recipes!

Mr. Lea: How could we deny them to a wo of such obvious good taste?

MINI-MEATBALLS IN MUSHROOM SAUCE
Mix 1½ lb ground beef, ½ c dry bread crumbs, 2 beaten e Tbsp Lea & Perrins Worcestershire Sauce and 1 tsp salt. into 32 meatballs; brown on all sides in 1 Tbsp oil. Gently b 10¾ oz can condensed cream of mushroom soup, ¼ c wat 1½ tsp Lea & Perrins. Bring to boiling; reduce heat. Cov simmer 10 minutes, stirring occasionally. Serves 8-10 as appetizers, 4-5 as main course with rice.

PICCADILLY CHEESE LOG
Blend ½ lb shredded Cheddar cheese, ¼ c softened butter and 2½ tsp Lea & Perrins Worcestershire Sauce. Shape into 12x1-inch log. Roll in 5 Tbsp imitation bacon bits on waxed paper. Chill Serve with crackers

NUT SNAPPERS
Mix 7 oz jar dry roasted mixed nuts with 1 Tbsp each Lea & Perrins Worcestershire Sauce and oil Turn onto flat pan, bake in 450° oven 5 minutes Serve warm or cold. Yields 1½ cups.

Lea & Perrins. The people who know their sauces.
For free recipe book, write: Lea & Perrins, Dept BP, Fair Lawn, N.J. 07410.

continued

Homemade bread

3 eggs
1 cup (4 ounces) cubed monterey jack cheese

In large mixer bowl, combine 1½ cups of the flour and the yeast. In saucepan, heat wine, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl. Add eggs. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in the cheese and enough remaining flour to make a soft dough. Turn out onto lightly floured surface; knead till smooth and elastic. Place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place till double, about 1½ hours. Punch dough down; cover and let rest 10 minutes. Shape into an 8-inch round loaf. Place in a greased 9-inch pie plate; cover and let rise in warm place till double, about 40 minutes. Bake in 375° oven about 40 minutes, covering with foil after the first 20 minutes of baking. Makes 1 large loaf.

HEIDELBERG RYE BREAD
A perfect companion to dark German beer—

3 cups all-purpose flour
2 packages active dry yeast
¼ cup cocoa powder
1 tablespoon caraway seed
2 cups water
⅓ cup molasses
2 tablespoons butter or margarine
1 tablespoon sugar
1 tablespoon salt
3 to 3½ cups rye flour
Cooking oil

In large mixing bowl, stir together the all-purpose flour, the yeast, cocoa powder, and caraway seed. In saucepan, heat water, molasses, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough rye flour to make a soft dough. Turn onto floured surface; knead till smooth, about 5 minutes. Cover; let rest 20 minutes. Punch dough down; divide in half. Shape each half into a round loaf; place on greased baking sheets or in two greased 8-inch pie plates. Brush surface of loaves with a little cooking oil. Slash

on grated orange peel
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cup milk, the butter or
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till butter almost melts.
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for ½ minute, scrap-
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in enough of the re-
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surface; knead till
to 8 minutes. Place in
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hour. Punch dough
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rest 10 minutes. Roll
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king sheet. Braid loose-
ng in middle and work-
ends. Pinch ends to-
tuck under. Repeat
ning balls. Cover; let
n place till almost dou-
30 minutes. Stir to-
yolk and remaining
braids with egg mix-
in 350° oven for 25 to
or till golden brown.
ely with foil last 5 to
s to prevent over-
Makes 2 braids.

HEESE BRUNCH

so bake these rolls on
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FAMILY FOOD IDEAS

Hormel Chili's got the good taste for the good times. Hearty beef. Tangy juices. Rich chili spices. With beans or without. Hot or not. However you like your chili, Hormel has it. So come and get it. And have a good time.

Hormel. The Good Time Chili.



continued

Homemade bread

rise till double, about 1 hour or refrigerate up to 3 days. Punch dough down. Cover; let rest 10 minutes. On floured surface, roll dough to ¾-inch thickness. Cut out 18 circles with 2½-inch biscuit cutter. Combine ham and cheese. Place 2 teaspoons filling in center of each circle. Shape dough around filling, forming into balls. Place each into a greased muffin pan. Brush with melted butter or margarine. Cover; let rise till nearly double. Bake in 400° oven 15 to 20 minutes. Makes 18 rolls.

CRACKED WHEAT BREAD

If you like a golden glaze on your bread, top the loaf with a mixture of 1 beaten egg yolk and 1 tablespoon milk before baking—

1 cup cracked wheat cereal
3¼ cups water
⅓ cup honey
3 tablespoons butter or margarine
2 teaspoons salt
2 cups whole wheat flour
2 packages active dry yeast
⅓ cup instant nonfat dry milk powder
4 to 4½ cups all-purpose flour

In medium saucepan, combine cracked wheat and water. Bring to boil; reduce heat. Cover and cook 8 minutes. Add honey, butter or margarine, and salt. Cool to lukewarm (115° to 120°). In mixer bowl, combine the whole wheat flour, yeast, and milk powder. Add cracked wheat mixture; beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the all-purpose flour to make a moderately stiff dough. Turn dough out onto a lightly floured surface; knead till smooth and elastic, 8 to 10 minutes. Shape into a ball. Place in lightly greased bowl, turning once to grease surface. Cover and let rise in warm place till double, about 45 to 60 minutes. Punch dough down; turn out onto lightly floured surface. Divide dough in half. Cover; let rest about 10 minutes. Shape each half into a loaf; place in two greased 8½x4½x2½-inch loaf pans. Cover and let rise till double, about 30 minutes. Bake in 400° oven for 30 to 35 minutes. If bread browns too quickly, cover loosely with foil. Remove from pans; cool on racks. Makes 2 loaves.

BLUEBERRY SWEET ROLLS

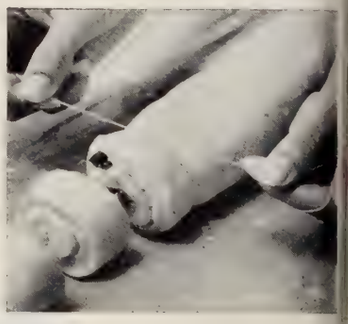
The string method of cutting produces a more perfect roll—

3¼ to 3½ cups all-purpose flour
1 package active dry yeast
2 5⅓-ounce cans (1⅓ cups) evaporated milk
6 tablespoons butter or margarine
¼ cup sugar
1 teaspoon salt
1 egg
6 tablespoons butter or margarine, melted

• • •

½ cup sugar
2 teaspoons ground cinnamon
1 teaspoon grated lemon peel
2 cups fresh or frozen blueberries

In large mixer bowl, combine 1½ cups of the all-purpose flour and the yeast. In saucepan, heat milk, the first 6 tablespoons butter or margarine, the ¼ cup sugar, and the salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Place in greased bowl, turning once to coat surface. Cover; let rise till double, about 1½ hours. Punch dough down; divide in half. Cover; let rest 10 minutes. On floured surface, roll each half to a 14x8-inch rectangle. Brush dough with the melted butter. Combine the ½ cup sugar, the cinnamon, and lemon peel; sprinkle atop dough. Top with blueberries; press berries lightly into dough. Roll up jelly-roll fashion, starting with long side; seal edge. Cut each roll into 12 slices. Or, cut rolls by



placing a piece of regular or heavy-duty sewing thread under the rolled dough where you want to cut, and pull up around sides. Then, crisscross thread across top of roll and pull quickly as though tying a knot. Place in 2 greased 9-inch round pans. Cover and let rise till double, about 30 minutes. Bake in 375° oven for 20 to 25 minutes. While rolls are still warm from the oven, top with a thin powdered sugar glaze. Makes 24 blueberry rolls.



Bisquick® is what ou make of it.

LIGHT, FLUFFY BISCUITS
EASY AS ONE, TWO, THREE.



: is the only mix you need for the asic recipes on the box. Or add n touches for a hundred t are anything but basic.

two 9x1½-inch round pans. Punch dough down; divide in half. Cover and let rest 10 minutes. On floured surface, roll each half to a 12x8-inch rectangle. Sprinkle with bacon. Roll up jelly-roll fashion beginning with long end. Cut in 1-inch slices. Or, place a piece of regular or heavy-duty sewing thread under the rolled dough where you want to cut, and pull up around sides. Then, criss-cross thread across top of roll and pull quickly as though tying a knot. Place, cut side down, in muffin pans, or place 12 slices in each round pan. Cover; let rise till double, about 25 to 30 minutes. Bake in 350° oven for 25 to 30 minutes or till lightly browned. Cool 2 to 3 minutes in pans. Invert onto rack. Makes 24.

OATMEAL BREAD

Press the oatmeal that's sprinkled on top lightly into the loaf—

4½ to 5 cups unbleached flour
1 cup old-fashioned rolled oats
2 packages active dry yeast
2 teaspoons salt
2¼ cups skim milk
¼ cup molasses
2 tablespoons butter or margarine
Butter or margarine, melted

In large mixer bowl, combine 3 cups of the flour, the rolled oats, yeast, and salt. In small saucepan, heat milk, molasses, and the 2 tablespoons butter or margarine just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a soft dough. Turn out onto floured surface. Knead till smooth, 4 to 5 minutes. Place in greased bowl; turn once to grease surface. Cover; let rise till double, about 45 minutes. Punch dough down; divide in half. Cover; let rest 10 minutes. Shape into 2 loaves. Place in 2 greased 8½x4½x2½-inch loaf pans. Cover; let rise till double, about 30 minutes. Brush tops with the melted butter or margarine; sprinkle with additional rolled oats, if desired. Bake in 375° oven 35 to 40 minutes. Cover with foil after first 20 minutes to prevent overbrowning. Makes 2 loaves.

WHOLE WHEAT BUTTERHORNS

2½ to 2¾ cups unbleached flour
2 packages active dry yeast
1¾ cups water
⅓ cup packed brown sugar
3 tablespoons shortening
2 tablespoons honey
2 teaspoons salt
2 cups whole wheat flour

continued

E BREAD

the glaze on while loaf is still n—

ps all-purpose flour
up sugar
spoons baking powder
spoon salt
aspoon baking soda
cups milk
ten egg
p cooking oil
p lime juice
spoons grated lime peel

• • •

lespoons sugar
lespoon lime juice

nixing bowl, stir together . the ¾ cup sugar, the bak- powder, salt, and baking Combine milk, egg, oil, the and ¼ cup lime juice. Add y ingredients all at once. Stir till moistened. Turn into a ed 9x5x3-inch loaf pan. in 350° oven 1 hour. Cool n 10 minutes; remove from nto rack.

mbine the 2 tablespoons and the 1 tablespoon lime spoon over top of loaf. Cool letely. Wrap well and store ight. Makes 1 loaf.

KY MAPLE SWEET ROLLS BACON

kle the bacon evenly over up to ½ inch of edges—

3¾ to 4½ cups all-purpose flour
1 package active dry yeast
1¼ cups milk
½ cup butter or margarine
¼ cup granulated sugar
1 teaspoon salt
1 egg
¾ cup butter or margarine, melted
⅔ cup packed brown sugar
¼ teaspoon maple flavoring
½ pound bacon, crisp-cooked, drained, and crumbled

In mixer bowl, combine 1½ cups of the flour and the yeast. In saucepan, heat milk, the ½ cup butter or margarine, the ¼ cup granulated sugar, and the salt just to lukewarm (115° to 120°), stirring till butter almost melts. Add to dry ingredients in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn dough out onto floured surface; knead till smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise till double, about 1½ hours. Meanwhile, combine the melted butter, the ⅔ cup brown sugar, and the maple flavoring. Distribute evenly between twenty-four 2½-inch muffin pans or pour into

And what can't you make of it!

CRANBERRY-NUT COFFEE CAKE

1/4 cup brown sugar (packed)
1/2 cup chopped walnuts
1/4 teaspoon cinnamon
2 cups Bisquick baking mix
2 tablespoons granulated sugar
1 egg
2/3 cup water or milk
2/3 cup whole cranberry sauce
Confectioners' Sugar Icing

Heat oven to 400°. Grease square pan, 9x9x2 inches. Mix brown sugar, walnuts and cinnamon. Combine baking mix, granulated sugar, egg and water; beat vigorously ½ minute. Spread in pan; sprinkle with nut mixture. Spoon cranberry sauce over top. Bake *20 to 25 minutes.* While warm, spread with Confectioners' Sugar Icing. *9 servings.*

CONFECTIONERS' SUGAR ICING: Blend 1 cup confectioners' sugar, ½ teaspoon vanilla and about 1 tablespoon water.

This recipe was developed and tested in the Betty Crocker Kitchens.

Any of over 100 good things from just one box of Bisquick.

FAMILY FOOD IDEAS

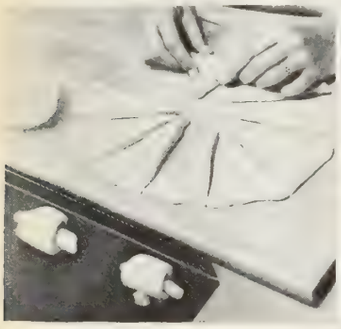


continued

Homemade bread

6 tablespoons butter or margarine, softened
½ cup very finely chopped filberts
Butter or margarine, melted

In large mixer bowl, combine 1½ cups of the unbleached flour and the yeast. In saucepan, heat water, brown sugar, shortening, honey, and salt just till warm (115° to 120°), stirring till shortening almost melts. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in the whole wheat flour and enough of the remaining unbleached flour to make a moderately stiff dough. Turn out onto a lightly floured surface; knead till smooth and elastic, 10 to 12 minutes. Shape into a ball. Place dough in a lightly greased bowl, turning once to grease surface. Cover and let rise in warm place till double, about 1½ hours. Punch dough down; turn out onto lightly floured surface. Divide in 3 equal pieces; shape each into a ball. Cover and let rest 10 minutes. Combine the softened butter or margarine and nuts. On lightly floured surface, roll each ball of dough to a 12-inch circle. Spread with ⅓ of the butter mixture. Cut each circle into 12 wedges. To shape rolls,



begin at wide end of wedge and roll toward point. Place, point down, 2 to 3 inches apart on greased baking sheet. Cover and let rise in warm place till double, 20 to 30 minutes. Brush with the melted butter. Bake in 400° oven for 10 to 12 minutes or till done. Remove from pans; cool on rack. Makes 36 rolls.

SOURDOUGH RYE BUNS
2½ cups all-purpose flour
1 package active dry yeast
2½ cups warm water
1 tablespoon honey

• • •

3¾ cups warm water
4½ cups whole wheat flour
4 cups rye flour
½ cup cooking oil
1 tablespoon salt

The more you budget, Reynolds Wrap, the

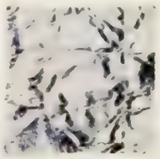
There's a trick to good budgeting. It's buying a product that gives you more for your money. Reynolds Wrap does that. It wraps food and protects it as well. It keeps food fresher in your refrigerator and protected better in your freezer. Reynolds Wrap helps save food, so it saves you money. It's the best wrap around your kitchen...and your budget.



Reynolds Wrap does it all. Does it best.
You can cook with it, line pans with it. It's a sandwich wrap, a leftover wrap. And nothing seals better than Heavy Duty Reynolds Wrap for freezing. All you buy is one quality wrap instead of many cheaper quality wraps.

It's best for freezing.
Heavy Duty Reynolds Wrap has the strength and flexibility to wrap and seal as airtight as possible. Protects food against dry freezer air.

You can reuse Reynolds Wrap.
Plastic wraps are not made to be reused. Strong, tear-resistant Reynolds Wrap can be used over and over.



Reynolds Wrap doesn't "breathe".
Most plastic store wraps "breathe", which means air can seep through. Meat, poultry and fish wrapped in Reynolds Wrap are protected from air in the freezer.

It keeps hot things hot, cold things cold.
Because it's aluminum, Reynolds Wrap helps maintain the temperature of food wrapped in it. It's best for outdoor use because it helps picnic foods stay fresher longer.



Nobody can make aluminum foil like Reynolds Wrap. It's patented.
We make a strong foil with a great resistance to tearing. And Reynolds Wrap is oven-tempered for flexible strength. That's why it's easy to work with. You can wrap it and seal it tightly to keep air out, so the food you wrap stays fresh. It's strong, versatile, dependable. Nobody can make aluminum foil like Reynolds Wrap. Remember, Reynolds Wrap is patented.



Double-Batching. A delicious idea.
You can double-batch with Reynolds Wrap—you can't with most plastics. Just double your favorite recipe. Serve one batch, freeze the second in Heavy Duty Reynolds Wrap. You'll have a frozen dinner ready anytime you need it. You save money, too, because you can take advantage of meat and poultry specials.



Meal-in-a-Bundle. Saves time and money.
Use lower-cost cuts of meat and make them taste delicious. You cook a complete main dish—meat, vegetables, sauce and seasonings—in an easily made "bundle" of Heavy Duty Reynolds Wrap. The results taste marvelous.



SPICED HAM AND FRUIT

Serves 6
1 can (2 lbs.) ham
1 can (1 lb., 1 oz.) salad fruits, drained
1 can (1 lb., 5 oz.) apple pie filling
¼ cup melted butter or margarine
¼ cup firmly packed light brown sugar
1 tsp. curry powder
Heavy Duty Reynolds Wrap

Remove ham from can and cut into 12 thin slices. Place slices aside. In a bowl mix salad fruits, pie filling, butter, brown sugar and curry. Place ham slices in a circle on top of a large square of Heavy Duty Reynolds Wrap. Spoon fruit mixture in center of ham slices. Pull up corners of foil and twist, forming a bundle. Place bundle on a cookie sheet and bake in a preheated moderate oven (350° F.) for 40 minutes or until piping hot. Serve ham slices with some of the fruit spooned over them.

he more you need
best wrap around.



POTATO-CHEESE FROSTED MEAT LOAF

Makes 2 loaves, each serves 8

1 pkg. (6.6 oz.) textured soy protein
3 cups water
3 lbs. ground chuck
1 tbs. salt
1 tsp. pepper
4 eggs
1 pkg. (8 oz.) herb seasoned stuffing mix
¼ cup instant minced onion
2 pkgs. (6½ oz. each) instant mashed potatoes
6 slices American cheese, each cut into 2 triangles
Heavy Duty Reynolds Wrap

In large bowl mix soy protein and water. Let stand 5 min. Add chuck, salt, pepper, eggs, stuffing mix and onion. Mix thoroughly and shape into 2 loaves, about 3 in. by 8 in. Line baking pan with Heavy Duty Reynolds Wrap and place one loaf in it. Bake in preheated moderate oven (350° F.) for 1 hr. Wrap other loaf in heavy duty foil and freeze until needed. Prepare 1 pkg. instant mashed potatoes according to directions. Frost potatoes over top and sides of meat loaf. Bake for 20 min. Place 6 cheese triangles on top of meat loaf. Bake for another 10 min.



To bake the second meat loaf, remove from freezer, unwrap and place in baking pan lined with Heavy Duty Reynolds Wrap. Bake at 375° F. for 2 hrs., or thaw and bake for 1 hr. Cover loaf with foil to prevent overbrowning. Then frost with potatoes and top with cheese as directed above.

The leading seller over all other foils and plastics.
Reynolds Wrap has been the leader for more than 25 years. Maybe it's because women know they get consistent high quality, roll after roll. As well as good value for the money. And Reynolds Wrap unconditionally guarantees complete satisfaction, or we'll refund your purchase price.

Reynolds Wrap Aluminum Foil HEAVY DUTY 37½ SQ. FT.

FAMILY FOOD IDEAS

The Best Wrap Around.

¼ cup all-purpose flour
1 beaten egg white
Coarse salt or caraway seed

For sourdough starter, combine the 2½ cups all-purpose flour, the yeast, the 2½ cups warm water, and the honey. Let stand, uncovered, in a glass or crockery jar at room temperature for 24 hours. Cover; let stand till sour, about 5 days. Stir down occasionally. (Use and replenish starter with equal parts flour and water. When starter is not in use, keep loosely covered in refrigerator. If not frequently used, add 1 teaspoon sugar weekly.)

In large bowl, combine 1 cup of the sourdough starter and the 3¾ cups water. Stir in whole wheat flour. Beat well. Cover and let stand several hours or refrigerate overnight. Add rye flour, oil, and salt. Mix well. Dough will be a bit sticky. Knead on lightly floured surface about 5 minutes, adding more all-purpose flour as necessary to make a soft dough. Place in greased bowl; turn once to grease surface. Cover and let rise till double. Punch dough down; divide dough in 3 portions. Cover; let rest 5 minutes. Divide each portion into 8 balls. Turn each ball in hands, folding edges under to make even circle. Press ball flat between hands. Place on greased baking sheet, pressing to 3½-inch circles. Brush with egg white; sprinkle with coarse salt or caraway seed. Let rise till double. Bake in 375° oven about 25 to 30 minutes or till done. Makes 24 buns.

WHOLE WHEAT MOLASSES BREAD

Sugar not only adds flavor to bread, it provides food for the yeast to grow—

2¾ cups whole wheat flour
1½ to 2 cups unbleached flour
2 packages active dry yeast
2 tablespoons caraway seed
1¾ cups water
½ cup dark molasses
¼ cup packed brown sugar
2 tablespoons shortening
1 tablespoon salt

In large mixer bowl, combine whole wheat flour, 1 cup of the unbleached flour, the yeast, and caraway seed. In saucepan, heat water, molasses, brown sugar, shortening, and salt just till warm (115° to 120°), stirring to melt shortening. Add to dry mixture in bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough remaining unbleached flour to make a stiff dough. Turn out onto lightly floured surface; knead dough till smooth, 5 to 8 minutes. Shape into a ball. Place in greased bowl,

continued



continued

Homemade bread

turning once to grease surface. Cover; let rise till almost double in size, about 1½ hours. Punch dough down. Divide dough in half. Cover loosely with damp towel; let rest 10 minutes. Shape into 2 slightly flattened 6-inch balls. Place both halves on a greased baking sheet. Cover; let rise till double, about 45 minutes. Bake loaves in 375° oven till well browned, 30 to 35 minutes. For a more chewy crust, brush each loaf with warm water several times during the last 10 to 15 minutes of baking. Remove from baking sheet immediately; cool on rack. Makes 2 loaves.

CRUSTY WHITE BRAIDS

Cool bread slightly before attempting to slice—

4 to 4½ cups unbleached flour
2 packages active dry yeast
2 cups warm water
¼ cup cooking oil
2 tablespoons sugar
1 tablespoon salt

In large mixer bowl, combine 2 cups of the unbleached flour and the yeast. Add water, the cooking oil, sugar, and salt to dry mixture. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead till smooth and elastic, 8 to 10 minutes. Shape into a ball. Place dough in greased bowl, turning once to grease surface. Cover; let rise till double, about 1½ hours. Punch dough down. Divide in half. Divide each half in thirds; shape into 6 balls. Cover; let rest 10 minutes. Roll each ball to a 16-inch rope. Line up 3 ropes, 1 inch apart, on greased baking sheet. Braid very loosely, beginning in the middle. Pinch ends together and tuck under. Repeat with remaining ropes. Cover; let rise in warm place till almost double, about 40 minutes. Bake in 375° oven 30 minutes or till bread is done. Makes 2 loaves.



Shopping for a used sewing machine

If your appliance budget just can't handle a brand-new sewing machine this year, you might consider buying a used or reclaimed machine.

When a dealer buys a used machine to recondition, he usually recommends that the machine be checked for missing or worn parts, then he makes any necessary adjustments or repairs. He makes sure the machine is clean, inside and out. He tests for satisfactory condition before issuing his service warranty.

Retail stores sell both new and reclaimed or trade-in models. You might also investigate auctions, secondhand stores, garage sales, and want ads. A reputable, established business is one of the best sources of a used machine. Buying from an individual involves the greatest risk, but a good buy from an honest person is always a possibility.

Before buying a used machine, check it out like this:

- After you have threaded the top and bottom, can you remove the thread easily?
- Are controls easy to regulate and comfortable for you to use?
- Does the machine stitch straight seams and move around curves with a good even stitch?
- Does it have a light in the right location?
- Is it quiet?
- Does it vibrate excessively?
- Are attachments easy to use?
- Can you stitch slow and fast?
- Is the wiring in good condition?
- Is service available where you live?
- Does an instruction book come with the machine?
- Are lessons in the use and care of the machine available?
- Are parts readily available?
- Does the machine look well cared for—is it clean and without chips and other flaws? ■



Baba Baking: Have a lot of fun.

Petite Babas Au Rhum are a fancy, mouth-watering holiday dessert that are not only fun to make, but easy, too. Especially when you have fine ingredients like Fleischmann's® Yeast and Blue Bonnet® Margarine, and a **BUNDT**® Fluted Dessert Pan in which to make them.

When Blue Bonnet Margarine was tested against the high-priced spread by European culinary experts in exacting side-by-side tests, the experts almost unanimously agreed: "No difference." Discover the flavorful reason why in your own baking.

Add some excitement to the fun of baking with Fleischmann's Yeast. It makes everything you bake high, light and truly delicious.

To give your Babas Au Rhum a fancy holiday look, now you can get a Nordic Ware aluminum **BUNDT** Fluted Dessert Pan—a $4.99 comparable retail value, for just $2.99. Lined with new white Teflon,® it comes in your choice of three kitchen coordinated colors: gold, tangerine or avocado. And it's as handy for baking as it is for molds made with Royal® Gelatin. So fill out the coupon below:

Then follow the simple recipe and have a lot of fun this season with this delicious holiday dessert.





FAMILY FOOD IDEAS

Fine Products of *Standard Brands*

PETITE BABAS AU RHUM

In a large bowl mix 2/3 c. flour, 1/4 c. sugar, and 1 package undissolved Fleischmann's Active Dry Yeast.

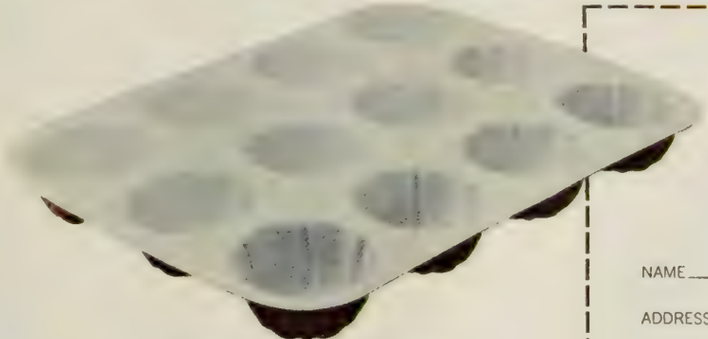
Heat 1/2 c. milk and 1/4 c. Blue Bonnet Margarine over low heat until very warm (120° F.-130° F.). Add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 3 eggs (at room temperature) and 1/3 c. flour. Beat at high speed 2 minutes. Stir in enough flour (3/4 to 1-1/4 c.) to make a stiff batter. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bring 1 c. sugar, 1/2 c. Lemon Hart Golden Jamaica Rum and 1/2 c. water to a full boil, stirring. Remove from heat; cool.

Stir down the batter. Spoon into greased cups of **BUNDT** Fluted Dessert Pan or 12 3x1-1/2-inch muffin cups. Let rise just until batter reaches tops of cups, about 35 minutes.

Bake at 375° F. 15 minutes, or until done. Immediately prick with fork. Spoon rum syrup over cakes. Turn out onto wire rack after syrup is absorbed.

Serve topped with whipped cream and Planters Southern Belle Sliced Almonds. Makes 12 servings.



Bake someone Happy... with Fleischmann's Yeast and Blue Bonnet Margarine.

Get a $4.99 Dessert Pan for only $2.99.

Please send me ____ **BUNDT** Fluted Dessert Pan(s). I enclose $2.99 (check or money order, no cash please, payable to Blue Bonnet Pan Offer) plus the large picture of Blue Bonnet Sue from the front of a Blue Bonnet Margarine package for each pan. Check color pan(s) desired.

Tangerine____ Gold____ Avocado____

Send to: Blue Bonnet Pan Offer, Box 623, Maple Plain, Minn. 55359.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Allow 4-6 weeks for delivery. Offer good only in U.S.A., while supply lasts. Void where prohibited or restricted. Orders without zip code not accepted.

Wallpaper how-to

The right tools make any job easier, so before you get started, assemble all the equipment you'll need. Here's a checklist of essentials:

- *A kitchen table or two card tables placed side by side for a work surface. Or use a piece of plywood on two sawhorses. Cover your work surface with brown paper or a drop cloth, but never use newspaper. Newsprint might come off on the wallpaper.*
- *Stepladder.*
- *Yardstick.*
- *Scissors.*
- *Razor knife with single-edge blades.*
- *Wall scraper (at least four inches wide).*
- *String, colored chalk, and weight for plumb line.*
- *Seam roller.*
- *Smoothing brush (for vinyl wall coverings, use a short nap brush. For most other coverings, use a longer napped smoothing brush).*
- *Large sponge and bucket. Depending on the wall covering, you may need:*
- *Water tray for pre-pasted paper.*
- *Paste bucket and brush for unpasted paper.*
- *Straightedge and cutting board for papers not pre-trimmed.*

Get the walls ready for the new wall covering.

Wash painted walls with water to which you've added soap powder and some household ammonia. Then rinse walls thoroughly. After washing, patch walls by filling any cracks with spackling compound, then sand. For best results give the wall a coat of sizing to seal.

Glossy paint or vinyl-coated paper should be dulled with sandpaper. If the wall covering is old, you can dull it with sandpaper but for best results, remove the covering. You can rent wallpaper-removing equipment or remove the paper by soaking it with a sponged-on solution of water and removal concentrate. When the covering is loose, remove it with a wall scraper.

If you plan to paper over existing wall covering, make sure the surface is smooth. Run your hand over the walls to locate any bubbles or loose spots. If you find a trouble spot, cut an "X" over the bubble and glue each tab down.

New plaster walls must be thoroughly cured and then coated with sizing. To prepare new drywall, tape the seams and seal with a coat of primer.

If you're going to paint the ceiling or any trim, do it now before you start papering.

Before you start cutting, take a good look at the wall covering to determine whether or not it has a directional pattern and to establish which end is up. Get acquainted with the "match" of your pattern. If your wall covering is untrimmed, trim the rolls before you get started.

Where to start hanging wall covering is as important as how to start. There are some who advocate applying the first strip in an inconspicuous corner. If that's your approach, measure a distance from the corner that's ½ inch less than the width of your wall covering. This is where you'll chalk a line for the first strip.

Or, you might place the first strip beside a door or window. That will put the off-match where the last strip meets the first strip in an inconspicuous spot above a window or door.

If the room you're redoing has a fireplace or other focal point, and if the wall covering you've chosen has a large pattern, better center the pattern motif over the fireplace or what have you and work from both sides of it.

How to start is your next hurdle. Because ceiling, floors, and walls aren't always straight and level, use a plumb line to guide you in applying the wall covering.

Place the plumb line strips where you'll want the edge of your first strip of wall covering. Tack the string at the top of the wall and let the weight hang just above the floor. Rub chalk over the string, hold the string taut, and snap it against the wall to make a mark.

To determine the size of the first strip, measure the distance between ceiling and baseboard, then add another four to six inches' trimming allowance. Use this measurement and cut one strip. Roll out a second strip alongside the first to make sure the patterns match, then cut. Continue cutting until you have enough strips to do a small portion of wall.

To paste or not to paste depends on the kind of wall covering you've purchased. Pre-pasted paper need only be wet, then applied to the wall. If you've chosen wall covering that is not pre-pasted, use only the adhesive recommended b the manufacturer and apply according to d rections on the package.

To apply paste, brush it on the top half of strip. Work from the center outward towa the edges, making certain all edges are w pasted. Fold the pasted half of the strip towa the center before applying the adhesive to t lower half.

Hanging the wallpaper is the next step. Pla the wetted or pasted strip high on the wall, lin up with your plumb line and overlapping t ceiling approximately two inches. Give the u per section of the strip a few horizontal strok with your smoothing brush to make sure t paper is forced up to the ceiling. Then contin stroking the applied wall covering, worki from the center to the edges. When the top pc tion of the strip is in place and secured to t wall, open the fold and release the bottom the strip. Carefully check the alignment wi the plumb line, then smooth out this sectio



nce the strip is up, go over it with the brush more time to make sure all air bubbles are When you're satisfied with the results, use wall scraper as a trimming guide and, with azor knife, cut off the excess paper at the nd bottom of the strip.

you've started hanging your wall covering door or window, this is the point where you t cut in around the trim. Don't panic. Sim- kip ahead to the section of this article ex- ining how to paper around doors and win- s. And if it's any consolation, once you've g that first strip and cut in around the wood- k you've learned all the hard stuff about covering. The rest is easy.

he second strip goes up just like the first. e the strip into position with its edge butted gainst the edge of the first strip. Make sure atterns match before smoothing the second down.

fter you've hung all the strips on one wall, ack and use a seam roller on the seams. Apply firm, but not excessive, pressure to make sure the edges are all adhering to the wall.

When you've applied a strip, rinse the surface with a sponge and clean water. Give the ceiling and trims a swipe, too, so you'll get the paste off while it's still wet.

Doors and windows aren't all that difficult to paper around. First, don't try to precut the wall covering to fit around the molding. Go ahead and put the entire strip up as though there were no door or window there. Then scissor away the excess paper covering the window. After the bulk has been removed use your wall scraper as a trimming guide and, with the razor knife, trim the wall covering to fit right up to the window or door frame. Handle a fireplace or built-in the same way.

Corners need a little special attention. When you're coming into a corner, measure from the edge of the last applied strip into the corner and onto the adjacent wall. Make a mark at a distance that's ½ inch *less* than the width of your wall covering. At this mark, make a new plumb line to make sure your covering will be straight.

Put the new strip next to the last one and press it into the corner. Smooth this much of the paper down securely. Lightly brush the paper onto the new wall, just enough to hold it in place. Then with your scraper and knife, cut the full length of the strip ½ inch from the corner. Now slide the strip so its edge lines up with the plumb line, then smooth it into position overlapping the portion of the strip that's on the covered wall. You may need a special adhesive to make these two pieces of wall covering stick to each other. Check with your wall covering dealer.

Architectural oddities such as radiators and outlets have to be handled as you come to them. Remove all outlet faceplates and light fixtures before starting to hang wall covering. Then, simply paper over the opening, cut away for the outlet or switch, and replace the plate or fixture. Be sure the current is turned off and use extreme caution when hanging foils. Foils conduct electricity if allowed to come into contact with exposed wire.

Radiators pose a problem because it's hard to smooth the paper down behind them. If there isn't room for a smoothing brush, use a wooden yardstick or a special radiator brush. Cut off any excess length before smoothing a wall covering behind a radiator.

Ceilings are challenging, too. In the first place, papering the ceiling isn't a do-it-all-by-yourself job. It takes two people—one to hold the strips of wall covering while the other person positions the strips and smooths them down. Once you have recruited help, here's how to proceed.

Plan to paper the ceiling before you tackle the walls. Hang strips the short way across the room. The shorter the strips, the easier they are to handle. Make a guideline for the ceiling the same way you make a plumb line on the walls. To do this, deduct ½ inch from the width of the wall covering, measure this distance out from the wall, and make a mark on the ceiling. Do this at both ends of the ceiling. Place tacks at each end, attach a chalk line, and make your chalked mark.

Cut ceiling strips with about four inches' allowance to ensure a ½-inch overlap on the adjoining wall. Smooth the strip as you position it along the guideline. Put up the rest of the strips the same way you put up wall strips, butting seams, rinsing each panel, and using a seam roller for a professional-looking job.

Trim the excess back to ½ inch on each wall if you're going to hang a wall covering on the walls. If you're not covering the walls, trim all the excess off the wall surfaces.

Borders are also easier to put up if two people tackle the job—one to position and smooth the strip while the other holds the long end of pasted border. The only difference between hanging paper and putting up a border is how the pasted border is folded. After applying the paste, fold the border in an accordion fold—paste to paste and pattern to pattern. Try not to crease the border.

You'll be happier with the end results if you start applying your borders in the most inconspicuous corner of the room.

Borders don't have to be picked from a wall covering book and ordered by the yard. With a little imagination you can devise your own. The one shown on page 74 is made of striped wall covering, cut to the desired depth and applied to the wall. Whether or not this saves you

continued on page 127

Pineapple packed in its own juice.



No sugar added. At Dole, sweetness comes naturally.

Homemade fudge without homework.



It's a snap with Betty Crocker® creamy frosting mix and this dandy candy recipe. Tuck some into a lunch box or have it around after a hard day's school. And give yourself an "A" for effortless.

And Betty Crocker frosting mix as frosting is creamy, smooth and spreadable every luscious time.

Easy candy from Betty Crocker frosting mix.

Betty Crocker

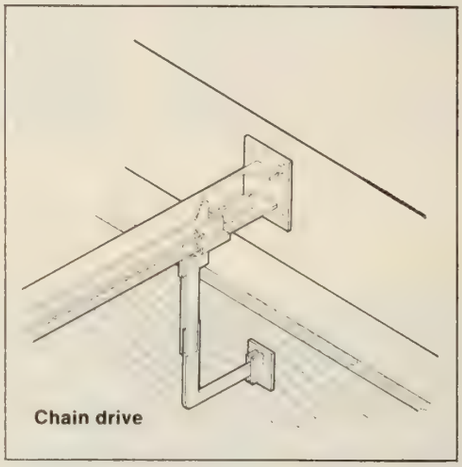
2 tablespoons of butter or margarine
¼ cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker® creamy frosting mix (chocolate fudge, butter pecan, creamy white* or any of the other delicious flavors**)

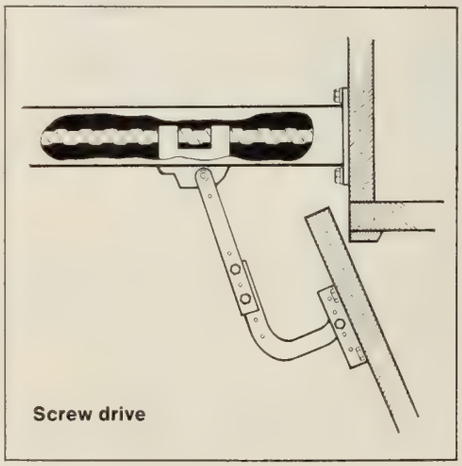
Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat; stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper until smooth and glossy, 1 to 2 minutes. *Do not overcook. Makes 1 pound.*
OLD-FASHIONED FUDGE—Stir in ½ cup toasted slivered almonds, chopped walnuts or chopped pecans if desired. Pour into aluminum foil-lined loaf pan, 9x5x3 inches. Chill until firm.
WAFERS—Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly. Let stand until firm.
CLUSTERS—Stir in 1½ cups salted peanuts or other nuts. Drop by teaspoonfuls onto waxed paper. Let stand until firm.

*Tint and flavor if desired
**If using golden caramel frosting mix, reduce milk to 3 tablespoons. It makes great frosting too!

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Automatic garage door operators: are they a good investment?





If you're one of the 70 million Americans who have suffered at least one episode of severe and prolonged back pain, you might expect the answer to be a resounding yes. Actually, there are several factors to ponder before you decide to switch from a conventional door to an automatic door operator.

First of all, let's consider the back factor. The amount of strain you risk from manually opening a 16- or 18-foot garage door depends on the severity of your back problem, the way you lift, the weight of the door, and the condition of the door's lifting mechanism. A correctly installed, properly adjusted door should operate smoothly and easily, whether it's operated conventionally or automatically. So, if your back is relatively healthy, and your lifting technique is proper, your back really shouldn't be much of a factor in your purchase decision.

Most owners will tell you that *convenience* is the big plus of an automatic opener—convenience when you're in a hurry, when the weather is bad, and when safety and security are concerns. Of course, the relative weight of each of these factors varies from person to person, neighborhood to neighborhood.

For example, protection from the elements may rate high on your list of priorities. The time it takes to get from the car to the garage door, open the door and return to the car, may seem like an eternity during a downpour or a snowstorm. Moreover, if you've ever tried to make up an inclined driveway that

covered with ice or snow, you know how welcome an open garage door can be in that situation. And regardless of weather, an open garage door is very appealing if it saves you from having to park and leave your car temporarily on a steep drive.

If security is a problem in your neighborhood, that ups the potential value of an automatic opener for you. A door equipped with an automatic opener cannot be opened manually without first pulling a disconnect cord *inside* the garage. So if the door is closed, it's locked. And, if you often arrive home late at night, a bright light and an open garage door—at the push of a button from the safety of your car—can be a welcome sight.

The costs of automatic garage door openers range from roughly $90 to $190, plus installation, depending on the number of deluxe features the units have. The fancier models have more stylish housing, larger motors, more light bulbs, a switch to turn off the receiver when you're on vacation, even an outside keylock that allows you to operate the door without using a transmitter. But underneath all of the extras, the basic device varies little from brand to brand.

How it works

Each unit has three main components—motor, traveler, and controls. The motor powers the traveler mechanism through a series of relay switches, pulleys, and gears or sprockets.

The traveler assembly, perched between the motor and garage door, does the actual work of pulling and pushing the door. There are two basic types of assemblies—chain drive and screw drive. The *chain* type works much like a bicycle drive line—a sprocket moves the chain in one direction to raise the door, the opposite direction to lower it. (A part known as a trolley connects the chain to an arm piece attached to the upper portion of the door.) The *screw* type mainly consists of a long threaded rod connected to the motor. As the motor turns the rod, the rod rotates through a nut connected to a unit that's fastened to the door. When the rod revolves in one direction, the connecting unit slides toward the door, automatically lowering it. When the rod spins in the opposite direction, the nut unit pulls toward the motor, raising door.

The controls consist of a transmitter and receiver. The portable transmitter—one in each car—sends out a short coded signal to the receiver which is mounted either within the power head of the motor housing or on the ceiling or nearby wall. The signal activates a relay switch which, in turn, releases a low-voltage impulse which starts the motor. In the early days of automatic operators, some homeowners had a ghosting problem—accidental openings by unknown signals. However, recent developments have virtually eliminated ghosting. The few cases that still occur today are due mainly to another transmitter in the neighborhood with the same signal code. A service technician can solve that problem in a hurry by recoding your receiver and transmitter units to another signal.

Safety features

All the units have safety devices that either stop the door or immediately reverse it in case it meets an obstruction while moving. Usually, the slightest resistance to the moving door will actuate the safety device.

Should the operator malfunction for any reason, a disconnect cord can be pulled to disengage the unit from the garage door so it can be operated manually.

Most units also are equipped with motor overload devices that automatically deactivate the motor in case it overheats.

How it's installed

Whether you install the unit yourself or hire a professional, the first step is to run an electrical source to the ceiling near the future location of the power head. Then check the garage door to make sure it opens relatively easily, without sticking or hesitating. If it doesn't operate properly, it should be adjusted to minimize stress on the automatic opener. (See "How to adjust your garage door," page 56, April, 1971, *Better Homes and Gardens*,) If the lifting mechanism gets its assist from a torsion spring, *under no circumstances* should an inexperienced person attempt to adjust it. With a torsion spring, the job is potentially dangerous and should be handled by a qualified garage door installer.

Many automatic operators are packaged by the manufacturer into preassembled units, ready for installation by the experienced do-it-yourselfer. Job time: three to five hours to install the traveler assembly, mount the power head, attach connecting hardware, and hook up the receiver unit. Fortunately, most manufacturers provide comprehensive step-by-step instructions.

Professional installation can cost anywhere from $35 to $75, depending on the labor market in your area and on the complexity of the installation. Qualified installers are usually listed in the Yellow Pages under "Door Operating Devices."

PRESENTING NATURAL COOKING JUICES. IT'S WHY MR. MUSHROOM TASTES BETTER.

Most mushrooms are jarred or canned in plain salt water. Not Mr. Mushroom. Like old country-style vegetables that were put up in Mason jars, we put up our mushrooms in their own natural cooking juices, too. Naturally, our mushrooms have more flavor. It's old-fashioned. But sometimes the old ways are the best. Meet Mr. Mushroom: Whole, Sliced or Chopped. In 2½-& 4½-ounce recloseable jars.



PUT UP IN THEIR OWN NATURAL COOKING JUICES.



FAMILY FOOD IDEAS

continued from page 46

If you can build a box you've got it made

At 4:45 I headed straight for the lumberyard desk, full of confidence and good cheer. Leo was waiting for me. He directed me to the area where I was to pick up my boards.

"Be careful 'bout backin' 'round them stacks with yer car," he said as I got behind the wheel. "Stop by on yer way out an' pick up the rest of yer order."

I was a little amazed at the large stack of lumber that was to be stashed into the trunk of my car.

"Leo says you're making this thing yourself," said a boy as he hoisted a good-sized piece of lumber into the trunk.

"Sure am," I said proudly.

"Well, just make sure you hit the right nail when you're hammering," he said. "If you hit your *thumb*nail, it's really gonna hurt." He slapped his knee and heehawed.

"Sounds like you're talking from experience," I said. He grinned a little sheepishly and watched as I stuck the last piece of lumber into the trunk.

After a couple of tries I managed to back around to the side door where I was to pick up the rest of my order. I hopped out and hurried in. Leo was busily scooping a pound of finishing nails from the bin. He slung the sack onto the swinging scales. One pound exactly. Leo knew his business all right. I was in the process of selecting molding when the manager walked up to me. "Miss, would you mind moving your car?" he said. "You're blocking our drive."

Guiltily I moved my car, finished selecting my molding, paid for the order, and said thank you to Leo who insisted on carrying the long pieces of molding to my car.

"Good luck on yer project," Leo called after me as I cautiously drove away from the yard. He actually sounded cheerful.

The trip to the lumberyard was only the beginning of my adventures. In the weeks that followed I attended a garage sale and purchased a used hollow-core door for 25 cents. I went to an office supply store and bought two filing cabinets on sale. The rest of the materials I bought from Leo.

Despite Leo's prophecy, I don't have shelves going "ever which way." I measured. I used a very large picture book for a square. I used a glass of water for a level. I used a Band-Aid for relief when I hit my thumbnail. The result of my efforts is a bright yellow, pic-



ture-perfect desk and bookshelves.

Would I do it all over again? You bet I would. In fact, supper will be a little late this evening. You see, I've just received a booklet entitled "Better Homes and Gardens Guide to Project Plans."

It's your fault, Mr. Ashe. You were right when you wrote: IF YOU CAN BUILD A BOX, YOU'VE GOT IT MADE!

Sincerely,
Kathleen Sanders Engel

P.S. Yesterday I told Leo that I'm saving to buy a jigsaw. "Naw, you don't wanna do that," he said. "You'll cut off half yer fingers an' a foot er two." "In that case," I said seriously, "would you mind sawing boards for my—" Leo grabbed my hand and led me to the electric saws!

For a gift your friends will appreciate the year around, give a subscription to Better Homes & Gardens. *It's a gift of better living.*

s on page 72

rdening October

he climate. A general rule plant a bulb at a depth of times the diameter if bulb inches or more; four times ameter if the bulb is smaller. sandy soils, it's better to go ch or two deeper, especially rger bulbs. In the colder cli-s, some gardeners plant tu-as deep as eight or nine s; this is more work at plant-ime, but those who practice technique claim the tulips multiply into nonblooming bulblets as fast and last r and stay at full size.

ant bulbs by digging out a hole for a clump, or a small for a single bulb. If you're ting hundreds of bulbs singly, ecial bulb-planting tool, be-comes in handy. It's espe-y helpful when you're natu-ing daffodils or crocus and to dig many holes without pting surrounding vegeta-unduly.

t each bulb firmly but gently, t up, so that the entire base



ches soil. Space tulips five to inches apart; daffodils, six to t inches; hyacinths, four to inches. Leave no air spaces n you replace soil. Mound it ly over bulbs.

Using a waterproof ink, label ly planted clumps with both variety name and color—also their names to your on-paper n. With the proper labeling, should be able to avoid dig-g into clumps when adding rplantings of annuals later. o, when it's time to divide old mps, you'll know the exact lo-ion of the planting.

Water new plantings of bulbs. ntinue deep soakings weekly til the soil freezes.

ings: Hellman Design; Carson Ode



This is a family that gets a lot out of life. They work hard and play hard. All day long. And they build up quite an appetite.

A family like this needs a lunch that can really stay with them.

That's where Dinty Moore comes in.

Dinty Moore Beef Stew contains the same good things you'd expect in a good dinner. Meat, potatoes, carrots and a good meat gravy with bits of beef right in it. Mmm!

A meal like this really satisfies, just like a good dinner. It's just more convenient.

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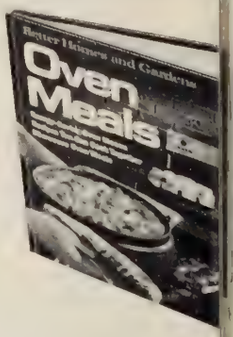
Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 98 for this shopping information.

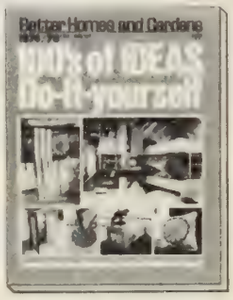
New Ideas

OVEN MEALS

This colorful new hard cover cook book, from the editors of Better Homes and Gardens, helps you discover 275 different ways to use your oven. Called "Oven Meals", it features 31 complete oven menus and 275 recipes for all occasions, simple to splendid. Included are everyday family meals and meals for entertaining. Among the many sensible oven ideas you'll find are meals from the freezer and a special section on complete meals baked at one oven temperature. Also included are time and energy saving tips, meat and poultry roasting charts and menus for those convenient new countertop ovens. A special section covers the remarkable microwave oven with details on how to prepare seven menus. Just $2.49, wherever books are sold.



100's OF IDEAS DO-IT-YOURSELF Fall/Winter '74

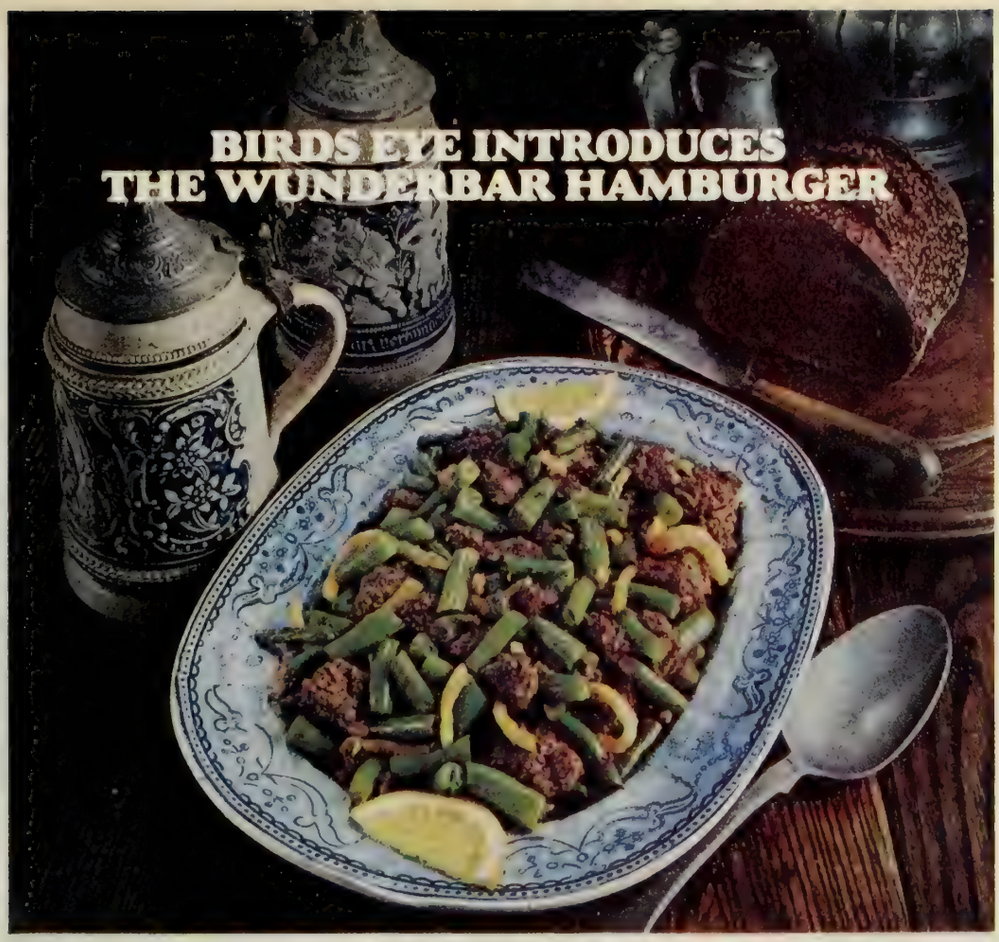


The latest edition of one of the most popular Idea Publications in the Better Homes and Gardens line is now on sale. Among the ideas featured: Getting into the Spirit of '76, with everything from pillows to wall hangings to complete decorating schemes done in red, white and blue; Kitmanship, which shows you how to make all kinds of furniture from kits or from unfinished pieces; Fireplace facelifts; Perfect Solutions for Problem Bedrooms; a Storehouse of Storage Ideas; and a special section called Ingenuities, devoted to doing the unusual with ordinary items. Hundreds of projects and crafts, all possible at low, low cost. Just $1.50 at your newsstand now.

HOLIDAY CRAFTS/1974

Here's another of those popular Better Homes and Gardens Idea Publications—featuring crafts and projects the whole family can become involved in. Illustrated, step-by-step directions show you how to make unique gifts, wrapping, foods and holiday decorations. Included are candy crafts and pasta; candlemaking and candleholder making; making banners, tree skirts and crewel embroidery; working with decoupage, quilling, resin and copper; can-coctions and container crafts; toys and gifts for children; plus some bright and unusual ideas for creating distinctive cards and gift-wraps. Make the holidays more fun than ever this year with these great craft ideas. Just $1.35 at your newsstand.





RATHSKELLER STYLE GROUND BEEF.
3/4 pound ground beef • 1 teaspoon salt • Dash of pepper • 1/4 cup water • 1 teaspoon lemon juice • 1 teaspoon grated lemon rind • 1 package (10 oz.) Birds Eye® Bavarian Style Beans with Spaetzle with a Seasoned Sauce

Brown ground beef with salt and pepper in skillet. Add water, lemon juice, lemon rind, and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Garnish as desired. Makes 3 servings.

SEE COLUMN FOR MORE RECIPES.



WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

continued from page 121

Wallpaper how-to

money depends on the quality of the wall covering and/or the border, but doing it yourself does solve the problem of finding just the right border for a room. Stripes, checks, or plaids, of course, are easiest to cut into border-width strips but don't rule out other patterns. A floral paper cut along the outlines of the design motifs can give you a less rigid look than straight-cut stripes. A wall covering with a very large design isn't feasible since not enough of the pattern will show in a border to retain the impact of the design.

Once your wall covering is hung, the work is done and the fun of creative decorating can begin. Remember, the wall covering on your walls doesn't have to look just the way it did in the wallpaper store. You can add interest by stippling over the wall covering with a sponge and paint, or glazing for a touch of antiquity.

Any wall covering can be made completely washable by coating it with a solution of white glue and water to seal the color; then varnish. And if you'd like to change the overall color tone of your wall covering, you can add dye to clear varnish and coat the entire surface. ■

Moving?

Be sure to notify *Better Homes and Gardens* at least 5 weeks before you move. This will give us time to process your change of address without any delay in service.

When you write, include an address label from the cover of one of your recent copies. It will help us speed your request through.

Send the address label, along with your new address, to *Better Homes and Gardens*, 1716 Locust St., Des Moines, Iowa 50336. *Please be sure to include your zip code.*

MORE INTERNATIONAL DINNER RECIPES

ITALIAN BEEF SUPPER

1 pound ground beef • 1 teaspoon salt • 1 cup water • 1 medium tomato, cut into wedges • 1 package (10 oz.) BIRDS EYE® Italian Style Vegetables with a Seasoned Sauce • 1 cup MINUTE Rice

Brown beef well in skillet; sprinkle with salt. Add water, tomato and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 2 minutes. Bring again to a boil. Stir in rice. Cover; remove from heat. Let stand 5 minutes. Makes 5 cups or 4 or 5 servings.



CHINESE PORK CHOPS

6 pork chops, about 1/4 inch thick • 2 tablespoons salad oil • 1/2 cup water • 3 tablespoons sherry wine • 1 or 2 tablespoons soy sauce • 2 large cloves garlic, crushed • 1/8 teaspoon ground ginger • 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce • 2-2/3 cups cooked rice*

**Or use 2 thin slices fresh ginger root.*

Brown pork chops well in oil in large skillet. Add water, sherry wine, soy sauce, garlic and ginger; bring to a boil. Cover and simmer until chops are tender—about 15 to 20 minutes. Move chops to side of pan. Add vegetables, bring to a full boil over medium heat, separating vegetables with a fork, stir frequently until sauce cubes are blended. Reduce heat; cover and simmer 2 minutes. Serve over rice. Makes 3 to 4 servings.



CHICKEN SUKIYAKI

3/4 teaspoon salt • 1/4 teaspoon sugar • 1 tablespoon white wine • 1 tablespoon soy sauce • 2 whole boned chicken breasts, cut in strips • 2 tablespoons salad oil • 1 bunch scallions, cut in 1- or 2-inch pieces (about 1 cup) • 1 package (10 oz.) BIRDS EYE® Japanese Style Vegetables with a Seasoned Sauce • 1/4 cup water

Combine salt, sugar, wine, soy sauce and chicken strips in a bowl. Heat oil in skillet; add scallions and chicken mixture and saute until chicken is just tender—about 5 to 8 minutes. Add vegetables and water; bring to a full boil over medium heat, separating vegetables with a fork and stirring until sauce cubes are blended. Reduce heat; cover and simmer for 3 minutes. Makes 4 cups or 3 or 4 servings.



HAWAIIAN HAM

3/4 pound boiled ham, diced • 1 tablespoon salad oil • 1/4 cup water • 1 tablespoon brown or granulated sugar • 1/4 teaspoon ground ginger (optional) • 1 package (10 oz.) BIRDS EYE® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce*

**Or use 1 can (9-1/4 or 10 oz.) tuna, drained; brown lightly in oil.*

Brown ham in oil in skillet. Add remaining ingredients. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.





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"LADY IN THE SHOE" SPAGHETTI

- 6 ounces spaghetti
- 1 pound ground beef
- 1 can Campbell's Cheddar Cheese Soup
- ½ cup chopped onion
- 1 teaspoon prepared mustard
- 1 teaspoon TABASCO pepper sauce

Cook spaghetti in salted, boiling water until tender. Brown ground beef. Add remaining ingredients. Simmer 15 minutes. Pour over spaghetti. Serves 4.

TABASCO®



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Greek Specialties





Photographs: Hedrich-Blessing

Cosmas Kapantzos, a native of Athens, Greece, didn't start cooking till he moved temporarily to the U.S. for commercial pilot training. It seems that food in Chicago wasn't quite like home fare so he started preparing some of his favorite Greek recipes. Before long, he was serving his friends Pasticchio with Greek Salad and Spinach Pie with roast leg of lamb.

GREEK SALAD

In blender container, combine ½ cup salad oil, 2 tablespoons vinegar, 1 egg, half of one 2-ounce can anchovy fillets, drained, 1 small stalk celery, ¼ small onion, 1 medium carrot, 3 radishes, 1 teaspoon drained capers, 1 small clove garlic, crushed, 1½ tablespoons sugar, ½ teaspoon dried oregano, ½ teaspoon paprika, ¼ teaspoon salt, and ⅛ teaspoon pepper. Cover and blend at high speed till smooth, about 2 minutes. Serve over salad greens with feta cheese, cauliflowerets, tomato wedges, olives and remaining anchovy fillets. Makes about 1 cup dressing.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become the property of Meredith Corporation.

SPINACH PIE

- ½ cup sliced green onion
- ½ teaspoon dried dillweed
- 1 tablespoon cooking oil
- 1 10-ounce package frozen chopped spinach, thawed
- 4 tablespoons butter or margarine
- ¼ cup all-purpose flour
- ½ teaspoon salt
- 1½ cups milk
- 2 beaten eggs
- 1 cup cream-style cottage cheese
- ½ cup (2 ounces) crumbled feta cheese
- ¼ teaspoon baking powder
- 2 16x16-inch sheets phylo dough
- 2 tablespoons butter or margarine, melted

In skillet, cook onion and dill in hot oil till the onion is tender. Squeeze excess water from spinach; add to skillet. Cook till hot; keep warm. In large saucepan, melt the 4 tablespoons butter or margarine. Blend in flour and salt. Stir in milk all at once. Cook and stir till mixture thickens and bubbles. Cook and stir 1 minute more. Add a moderate amount of hot mixture to eggs; return to saucepan. Stir in cheeses, spinach mixture, and baking powder. Brush half of 1 sheet of phylo dough with some of the remaining butter; fold in half. Butter half of dough rectangle and fold again, forming an 8x8-inch square. Place in greased 8x8x2-inch baking pan. Pour in spinach mixture. Repeat folding and brushing with butter with second sheet of phylo dough. Place atop spinach mixture and tuck in edges. Bake in 325° oven for 35 to 40 minutes, till mixture is set and top is browned. Let stand 10 minutes before serving. Makes 8 vegetable servings.

PASTICCHIO

- 1½ cups (6 ounces) pasticchio macaroni (mezzani)
- 1 beaten egg
- ¼ cup milk
- ⅓ cup grated parmesan cheese
- ¾ pound ground beef
- ½ cup chopped onion
- 1 8-ounce can tomato sauce
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ¾ teaspoon salt
- ⅛ teaspoon pepper

• • •

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- ¼ teaspoon salt
- 1½ cups milk
- 1 beaten egg
- ¼ cup grated parmesan cheese

Cook macaroni according to package directions; drain. Stir in the 1 beaten egg, the ¼ cup milk, and the ⅓ cup parmesan. Set aside. In skillet, cook ground beef and onion till meat is lightly browned and onion is tender. Drain off excess fat. Stir in tomato sauce, cinnamon, nutmeg, the ¾ teaspoon salt, and the pepper; set aside. In saucepan, melt butter or margarine. Blend in flour and the remaining ¼ teaspoon salt. Stir in remaining milk. Cook and stir till mixture thickens and bubbles. Cook and stir 1 minute more. Blend a moderate amount of hot mixture into remaining egg; return to sauce pan. Stir in remaining cheese. Layer half the macaroni mixture in an 8x8x2-inch baking pan. Spoon meat mixture atop, then remaining macaroni. Spread cream sauce over macaroni. Bake in 350° oven for 45 to 50 minutes. Let stand 10 minutes before serving. Makes 6 servings.

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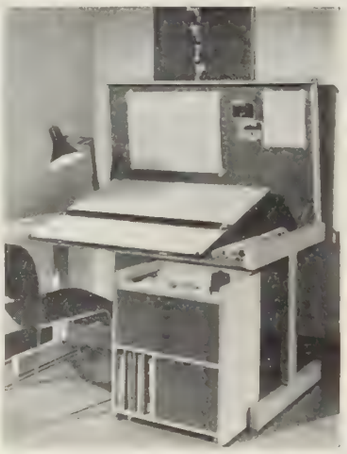
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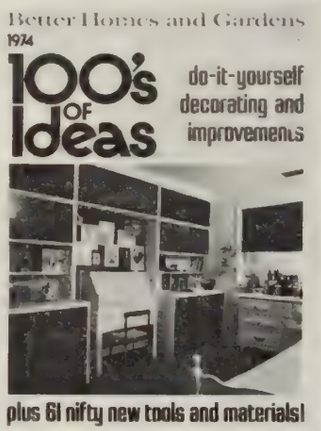
How to order material from the magazine



Looking for the best way to improve your home and stay within the limits of your budget? You'll find the help you need in Home Improvement Ideas. It supplies complete information on the basics of remodeling, build-it yourself projects and additions, where and how to find financing, new materials, and more! There are hundreds of pages with color photos and illustrations that bring to life dozens of bright ideas. Order while the supply lasts.



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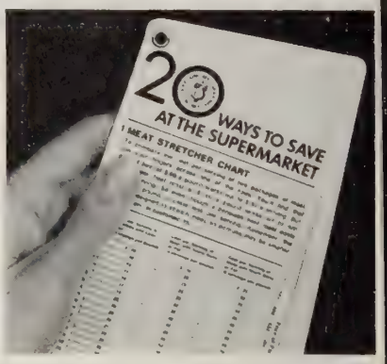
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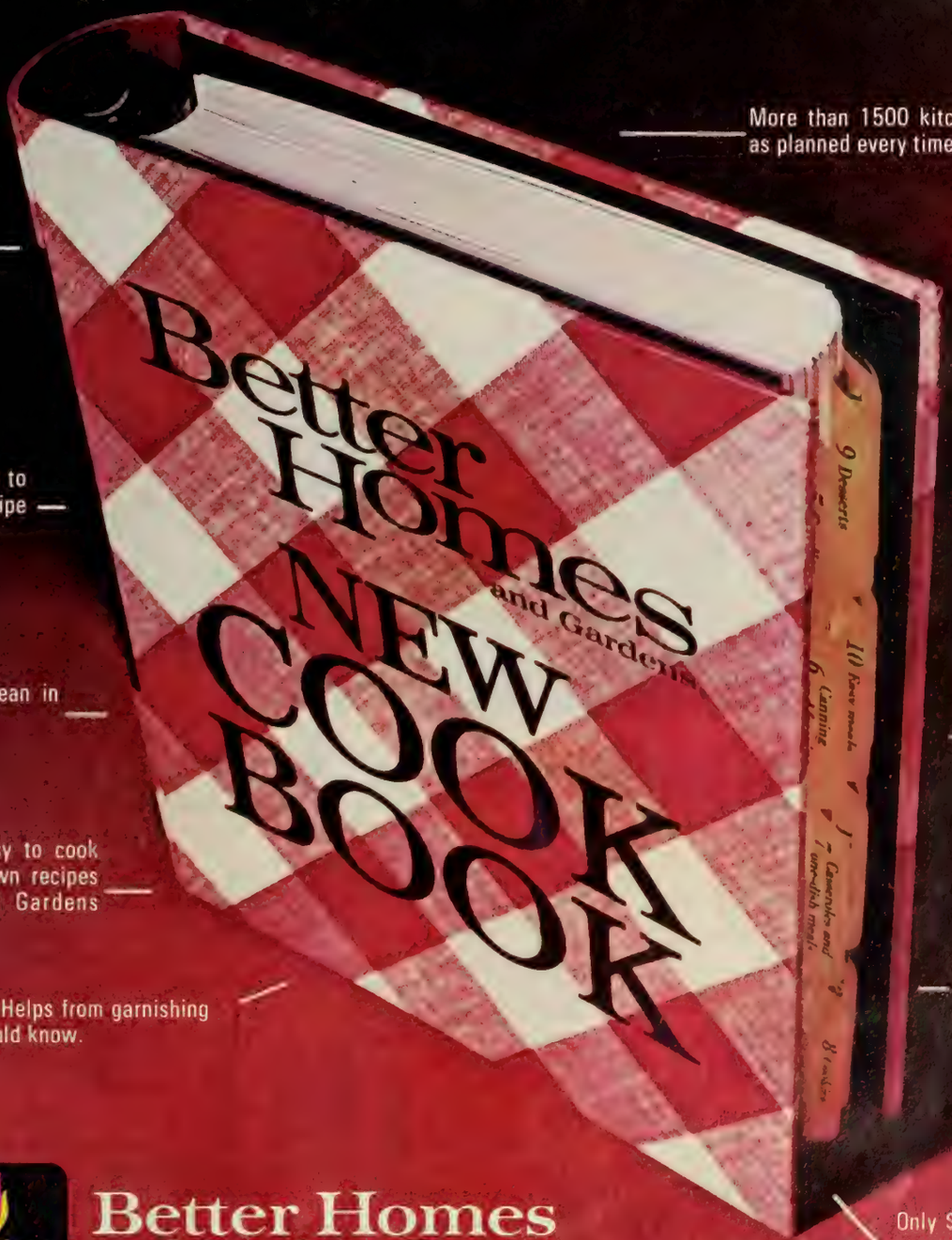
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continued from page 38

Caged pets

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Even though your hamster doesn't require a lot of water, fill his bottle with fresh water daily.

Illnesses do occur in hamsters. Look for listlessness, dull eyes, lack of appetite, or ruffled coat.

Hamsters are susceptible to human colds and respiratory infections. If anyone in the family has the sniffles, keep him away from the pet. Should your hamster develop a cold, put his cage in a warm, dry place and cover it with newspaper or fabric to keep out any drafts. Just make sure there's ventilation.

Breeding hamsters should only be attempted if you know what you're going to do with the resulting accumulation of small animals. The gestation period is only 16 days and a female hamster can have her first litter when she is only eight weeks old. And that's just the beginning. She can continue having a litter nearly every month and each litter averages seven young.

Rabbits

Rabbits apparently existed as domestic animals long before recorded history, though it wasn't until about 1000 B.C. that the rabbit was actually written of by Phoenician traders. In the past 30 years, this charming little animal has become a favorite pet all over the world.

You'll find rabbits as big as spaniels, as small as guinea pigs, and every size in between. There are now more than 50 domestic breeds from which to choose.

Few pets are as appealing as rabbits. They're just about the cleanest animals alive, they're gentle by nature, they love to be petted or allowed to curl up in your lap, and they require very little time and care. In addition to all these attractive qualities, the rabbit has one outstanding virtue—he's silent.

Your rabbit's home should be as large as possible so he'll have room to exercise. If his cage or hutch doesn't provide this, be sure to let him out of his quarters often so he can run. Ideally, a rabbit's hutch should provide a closed-in "bedroom." Rabbits prefer privacy for sleeping and breeding.

For bedding, use a material that's soft and absorbent—hay, straw, peat moss, or wood shavings. Bedding should always be clean. Replace it two or three times a week.

Selecting a rabbit isn't easy because there's such a variety to choose from. The rabbit should be between eight and ten weeks old when you buy it. Make sure his eyes are bright and clear, and his nose isn't running and he isn't sneezing. Turn him over and check his belly. It should be round and plump without stains or discolorations that might indicate diarrhea.

Whether you buy a male or female isn't important—fortunately, since it's difficult to distinguish sex in baby rabbits.

Handling a rabbit makes him tamer and friendlier, so don't be afraid to play with him as often as you want to. Just be sure to pick him up the right way.

If your rabbit is a baby, pick him up with both hands. Slip one hand under his chest and use the other one to support his back end. When your rabbit is older, you can use one hand to hold the loose skin over his shoulders and pick him up with the other hand under his rear. *Never pick a rabbit up by his ears.*

As you pet your rabbit, stroke him with your hand moving in the direction of the fur from front to back. Don't ruffle his fur.

To feed your rabbit, simply put commercial rabbit pellets in a feeding dish. Along with hay for roughage, these provide a convenient, balanced diet. If you want to supplement pellets or feed your rabbit something else, choose grains or cereals, stale bread, vegetables, and greens. Carrots, turnips, potatoes, and apples are good for your rabbit. All foods should be fresh, clean, and dry. Feed your rabbit a light meal in the morning and a larger meal at night when he's most active. Sprinkle a little salt on his food or provide him a piece of rock salt to gnaw on. Keep plenty of fresh, clean water available at all times.

Exercising your rabbit is fun. If you have a fenced-in garden or lawn, let him out for a little while each day. Even if you don't have a fenced-in area, you can take him out for a walk by equipping him with a figure-eight cat harness and a light lead.

Your rabbit can be bred as early as six months of age, although eight months is better. The gestation period is about 30 to 32 days and the average litter contains six rabbits. ■



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the MEXICO most tourists miss



By
Tony Swan

Welcome to provincial Mexico: more authentically Mexican than the raucous border towns, quieter than the traditional tourist circle around Taxco, Acapulco, and Mexico City—yet overlooked by millions of American visitors who don't realize that by sticking to well-traveled paths they're missing some of Mexico's keenest delights.

Everybody knows about Mexico City, that lusty, throbbing heart of the Republic; it belongs on the itinerary for any south-of-the-border visit, no matter whether it's your first or twenty-first. But what about all those places with the strange-sounding names: Oaxaca, Michoacan, the Yucatan Peninsula, Baja California Sur? What are they? *Where* are they? For that matter, how do you pronounce them? And above all, why should any American tourist want to go there?

Well, as a matter of fact, there are many distinct advantages to visiting an area of Mexico that lies off the beaten path. For one thing, it probably won't cost you as much. And the people you encounter are likely to be friendlier. The local pace and atmosphere will be pleasantly relaxed. If you're bargain shopping, you'll be closer to the source of regional goods for optimum selection. Best of all, you'll return with a much better knowledge of Mexico's astonishing diversity.

The suggestions contained in the following pages cover a broad cross section of Mexican experiences—the easygoing charm of Oaxaca, for instance, and the lush countryside and colonial elegance of Michoacan, the Mayan magic of the Yucatan, and the knife-edged contrasts of Baja. Each of these regions is intriguingly unique, its particular pleasures unduplicated elsewhere. Yet at the same time each locality is as obviously Mexican as tamales, tequila, and sombreros.

In addition, for vacationers with less time at their disposal, there are four "just-south-of-the-border" suggestions for areas that are far enough removed from the States to be relatively free of bordertown malaise yet close enough to lie within fairly easy range for an abbreviated excursion that is still 100 percent Mexican.

Oaxaca



The Oaxaca (wah-HA-kah) Valley is a microcosm of everything that makes Mexico exciting: massive colonial architecture dominating the capital city, ancient ceremonial cities sleeping in the sunshine, and a huge, raucous marketplace that could easily be just as much at home in Marrakech or in Istanbul. The setting is semitropical, the pace is leisurely, the surroundings colorful. There are plenty of sidewalk cafes flanking the tree-shaded central square, or *zocalo,* for pleasant lounging and people watching, and plenty of attractions in town and nearby to satisfy sightseeing urges.



Although the Oaxaca Valley has been continuously inhabited for almost 3,000 years, the site of the city of Oaxaca, capital of the state of the same name, wasn't occupied until late in the 15th century, not long before the Spaniards arrived (in 1521) to found their colonial city. Cathedrals soon sprouted, executed in mighty blocks of stone as a defense against the earthquakes that occasionally shake the valley, and the city quickly took on the look it retains to this day.

The *zocalo,* fronting one of the oldest and most imposing of the town's churches (begun in 1553), is the axis of most of Oaxaca's activities. Street vendors, hawking locally woven *sarapes* and *mantillas,* plus various edibles, patrol the square's park benches and nearby cafes. The market area begins about one block from the southwest corner of the *zocalo,* and most of the interesting ecclesiastical architecture is within easy walking distance.

Of the cathedral collection, the one that shouldn't be missed is Santo Domingo, one of provincial Mexico's finest baroque churches, about five blocks north of the *zocalo* at Alcala and Gurreon. Conceived in 1575 as a church and convent, Santo Domingo's convent quarters now house the excellent Oaxaca regional museum, whose displays include the shimmering funerary treasure discovered at the nearby Monte Alban ruins.



The church itself, still in service, is also a glittering affair, from its twin-towered facade to its gilded walls, ceilings, and side chapels.

Something is always going on in the marketplace, but Saturday is the day to pay a visit. On Saturdays, people from all over the valley come to Oaxaca to sell their produce, livestock, straw ware, pottery, and weavings, making this one of Mexico's biggest markets, an exotic mélange of sights, sounds, and odors.

The Monte Alban ruins, crowning a hilltop about four miles southwest of the city, top all lists of excursions from Oaxaca. The great Zapotec city, begun about 700 B.C. and abandoned near the beginning of the 11th century, once covered several hilltops, but only the relatively small central section has been extensively excavated and restored.

Visitors may guide themselves through Monte Alban's temples, ball court, and Great Plaza with the guidebook sold at the entrance to the site; bilingual guides are also on hand for hire. The Zapotecs had a great eye for real estate—the view of the valley and city from atop Monte Alban is breathtaking.

Mitla, another important archaeological site, offers a chance for some shopping as well as sight-seeing. A thriving little marketplace has grown up on the grounds of the ruins, with the excellent work of local weavers the principal offerings. The big *sarapes,* incorporating designs ranging from replicas of the distinctive Mitlan stonework to colorful Mixtecan interpretations of the creation, are worth seeing even if you're not interested in buying one. A *sarape* of about double-bed size, with two colors, shouldn't cost you much more than about 200 pesos ($16)—stick to your guns in the bargaining. The more colorful and intricate the pattern, the higher the price.

There are other stalls and shops selling woven goods in the nearby village, as well as a small but interesting museum.

The Mitla ruins are particularly interesting for the delicate stone fretwork adorning exterior surfaces. The lacy geometric ornamentation, reminiscent of some Grecian patterns, is regarded by leading authorities as being unique in the Americas. The archaeological zones are generally open during daylight hours.



Getting to either Monte Alban or Mitla is simple by car. Monte Alban is visible from the south side of Oaxaca; Mitla is 48 kilometers southeast of Oaxaca, just off CN-190. You can catch a taxi to Monte Alban from the *zocalo;* it shouldn't cost more than ten pesos. There are also first-class excursion buses going to both zones; inquire at your hotel or at the government tourist office, 900-A Independencia.

One other excursion that's a favorite with Oaxaca visitors is to the unfinished monastery at Culiapan, 13 kilometers south of the city. Although earthquakes left two wings of the building roofless, an impressive colonnade still stands, as does the main church. The altar area of the monastic church is still in service today.

Oaxaca's Christmas holiday fiestas—or *Fiestas de Navidad,* as they're locally called—extend from December 16 through Christmas day and make that ten-day period an especially entertaining time to be on hand and make friends with the natives.

Travel in Mexico—some do's and don'ts



Traveling within Mexico can be just as easy as traveling in your own home state. Lodging, transportation, good food, friendly people—all the amenities are there, with the exciting differences that make Mexico a foreign country.

Some of the differences, however, also offer potential for misunderstandings, irritations, and hassles that can mar, delay, or even ruin a trip. By following a few simple guidelines, you can easily steer around problems and perhaps leave your hosts looking forward to your next visit. Here are a few pertinent suggestions.

DRIVING There are probably more intimidating horror stories of Americans involved in Mexican highway misadventures than there are Americans actually in Mexico. Accidents do occur, of course, but most American motorists tour Mexico without incident. The important thing to keep in mind when you're driving in Mexico is that conditions will be quite different from those you're used to. Highways, for the most part, are two-lane, and they are not very well marked, although traffic is generally light outside urban areas. Also, you'll be sharing the road with an incredible variety of vehicles and creatures, ranging from buses to burros. In provincial cities, the traffic gets even more bizarre, replete with street vendors hopping nimbly amid bicycles, pushcarts, horse-drawn wagons, and even an occasional wheelchair. It can be a bewildering mixture at first, but most American drivers adjust to it quickly.



Driving at night on Mexican highways is not recommended. The horse-cart or ancient, wheezing truck that made the road picturesque by day makes it dangerous after dark.

An absolute necessity for Americans motoring in Mexico is Mexican auto insurance U.S. policies are not valid

Michoacan

Photographs Tony Swan



Although nature seems to be indifferent to many regions of Mexico, she smiles on the state of Michoacan (meech-wah-KAHN). From the *Mil Cumbres* (thousand peaks) region to Lake Patzcuaro to Uruapan, one of the chief towns of the Tarascan Indians, Michoacan is an unbroken series of flower-spattered hillsides, rich valleys, and clean, unhurried towns.

Morelia (moh-RAY-lee-ah), the state capital, is perhaps the definitive Mexican colonial city. Founded in 1541, it is the home of one of the western hemisphere's oldest universities, and the birthplace of Jose Maria Morelos, one of the heroes of the Independence War against Spain. Morelos would have little difficulty recognizing his home town today.



Aside from automobiles and a sparse forest of television antennas, Morelia has scarcely changed at all since the last days of the colonial period. The massive twin towers of the cathedral still dominate the skyline, and the handsome buildings fronting Avenida Madero, the broad main street, have all been in place since the mid-17th century.

The cathedral makes a good orientation point for city explorations. Nearby are the government palace, with its dramatic murals; the elegant Clavijero Palace, with its enormous patio surrounded by double-decked arches (the tourist office is housed there); the *Casa de las Artesanias,* a government-operated handicrafts store where visitors may obtain fine samples of local lacquer ware, wood carving, copper ware, and pottery; and the Hotel Virrey de Mendoza and Suites Normandie, two colonial mansions converted into delightful hostelries worth visiting just for a look around, or perhaps for dinner. All are on or just a few steps off Madero.

Two blocks south of Madero on Absolo is the state museum, occupying yet another old mansion. Its displays of Tarascan Indian relics and art are of particular interest.

Another worthwhile stop for history buffs is the Morelos house, about three blocks south of Madero on Avenida Morelos. Inside are many of Morelos' personal effects, including the coach he used as a mobile headquarters when he was at the helm of the revolution.

At the east end of Madero are the remains of a 17th-century Spanish aqueduct; its graceful 253-arch length is one of the most striking architectural features of the town. The aqueduct flanks the Bosque Cuauhtemoc, once a very exclusive neighborhood and now an exceptionally pretty park.

Another big park, one that's sure to score with kids, is on the south side of town flanking Avenida Juarez en route to the suburban woodcarving center of Santa Marie de Guido. There is a zoo and plenty of playground equipment, including a discarded DC-3 airplane. The local bull ring flanks the park's southern boundaries.

There are several sidewalk cafes housed under the arcades along Madero's north side, and an evening spent lounging in one of them is worthwhile. Many of the town's 20,000 students gather here, and some of the world's most musical autos cruise the street: if you hear the first few bars of the *Marseillaise,* the love theme from *The Godfather,* or the opening strains of *Colonel Bogey's March* coming from an auto horn, don't be surprised.

Morelia's scrupulously maintained colonial atmosphere, easy pace, and exceptional cleanliness invite lengthy stays, but there are attractions in the country to the west that shouldn't be missed.

The first of these is Quiroga, about 40 kilometers from Morelia astride CN-15. The town is full of shops selling local wares and is also the turnoff point for expeditions to the delightful and renowned Lake Patzcuaro area.

Tzintzuntzan (seen-SOON-sahn), the ancient Tarascan capital, is the next stop. The Tarascan people left several curious circular pyramids for visitors to climb upon and puzzle over, and Vasco de Quiroga, the first bishop of Michoacan, added the region's first church in 1537. "Tata" Vasco's church, complete with the grove of olive trees he planted, still stands and is open to visitors.

The main street of Tzintzuntzan is lined with vendors' stalls, with some very attractive straw goods, pottery, and lacquer ware on sale.

However, it's a good idea to keep shopping impulses in check until you reach the town of Patzcuaro (pahts-KWAH-roh). The marketplace in Patzcuaro is second only to Oaxaca in size, and hums with activity. Thursday is the busiest day, but Sunday, Tuesday, and Friday are also market days. The marketplace borders Patzcuaro's charming *Plaza Grande,* an enormous ash-shaded square.



No trip to the Patzcuaro region is complete without an outing on the lake itself, and this is easily arranged. From the pier area (about five pesos by taxi from the *Plaza Grande),* regularly scheduled water taxi trips depart every few minutes for the island of Janitzio (ha-NEETS-ee-oh).

Lake Patzcuaro, at 6,717 feet above sea level, is the western hemisphere's second highest lake. It is famous for its whitefish, a staple in local diets for centuries; for the fishermen who catch the whitefish with graceful butterfly nets and dugout canoes; and for the village of Janitzio. With its narrow, winding cobblestone streets, and fishnets drying in the sun, Janitzio would be just as much at home anchored in the Mediterranean Sea.

The island is crowned by an enormous statue of Morelos, with a stairway leading to the top.

The drive to Morelia from Mexico City, just over 300 kilometers on CN-15, is one of the loveliest in the Republic. After crossing some rolling farmlands, punctuated by occasional low hills, the road suddenly marches up into a region of pines and peaks that will make you think you've somehow driven into western Oregon. This stretch of road—from Ciudad Hidalgo to about 20 kilometers outside of Morelia—is an 80-kilometer succession of one vista after another, including the famous *Mil Cumbres* overlook about halfway along.

south of the border. The Mexican police technique in investigating accidents is simply to lock up *all* uninsured parties for as long as it takes to sort the matter out. A Mexican policy, written in Spanish, will usually prevent this, although it's not an ironclad guarantee. Mexican policies are readily available at the border and cost around $2 to $3 per day, depending on coverage. Rates are controlled by the government and are the same for all companies. Ask your domestic insurance agent for a recommendation. If you plan to drive a rental car, be sure to take the extra insurance option in the contract.

Your U.S. driver's license is valid in Mexico, but you will need a car permit if you intend to drive farther south than the border towns (with the exception of Baja California). Car permits are issued free upon proof of ownership. If the car is not paid for, a notarized statement from the lienholder, authorizing use of the car in Mexico, is required. The permits may be obtained at the port of entry.

Gasoline prices are comparable with those in the U.S., two pesos per liter (about 63 cents per gallon) for premium, 1.4 pesos (46 cents per gallon) for regular. The country's only petroleum firm, Pemex, is government owned.

Be sure to have road maps before you start out; they're not handed out as universally in Mexico as at home.



DOCUMENTS

No visa is required for a visit to Mexico, but for trips south of the border towns a tourist card *(Tarjeta de Turista)* is. The basic card, good for a single-entry, 180-day visit, may be obtained at Mexican consular offices, Mexican government tourist offices, airlines ticket offices, at the airport before departure, or at the border. The card is issued upon proof of U.S. citizenship and is free. A multiple entry card, also good for six months, permits several trips. It is obtainable only through Mexican government offices, requires three passport-type photos, and takes longer to process.

Smallpox immunization certificates are no longer required for U.S. reentry.

Yucatan



The Yucatan Peninsula is as far away as the half-forgotten civilization of the Mayas—and as close as a two-hour plane ride from Mexico City.

The first stop is Merida, capital of the Yucatan, the peninsula's major jetport and best base for exploring the several nearby archaeological zones.

The city was established in 1542 on the site of the Mayan town of Tiho, a follow-up to a Spanish military success there two years earlier. Reminders of the period are still present on the main plaza, in the cathedral, begun in 1561 on the site of a Mayan temple, and at the Casa de Montejo, built in 1549, personal palace of the founders of Merida.

Also not to be missed is the Paseo de Montejo, Merida's millionaires' row. The street became fashionable at the height of the sisal boom, in the mid-19th century, and dozens of opulent mansions survive. One of them—the Palacio Canton, at the intersection of the Paseo and Calle 43—houses a museum with an impressive collection of Mayan relics.











You don't have to be a student of archaeology to feel the magic of the Yucatan's ancient cities. Stand atop the Pyramid of the Magician at Uxmal, or towering El Castillo at Chichen Itza, and it's easy to imagine a world of plumed serpents and deities with names to defy 20th-century tongues: Kukulkan, Hunab Ku, Xtoloc, Ixchel, Itzamna, Xaman Ek, and a hundred others.

Chichen Itza (chee-chen-EETS-ah), a huge zone straddling CN-180 about 120 kilometers east of Merida, is the Yucatan's biggest known city and one of the most celebrated sites in the Republic. It is also the most extensively restored site in the Yucatan and should top your list of archaeological excursions.

More than any other city, Chichen Itza represents to visitors today the final flowering of the Mayan culture.

It will take you the better part of a day to acquire even a nodding acquaintance with the dozens of fascinating structures at Chichen Itza, and if you add in a bus ride to and from Merida, the experience can be exhausting. A better approach is to stay overnight at one of the several hotels within easy walking distance of the ruins. This will also give you an opportunity to visit the Caves of Balancanche, part of Chichen Itza but eight kilometers east of the main zone. The caverns, with stalactites and stalagmites fancifully carved by the Mayas, are regarded by some visitors as the most interesting feature of Chichen Itza.

Uxmal (OOSH-mahl), 75 kilometers south of Merida on CN-261, is the Yucatan's second most important archaeological zone. Although it lacks some of the unique features of Chichen Itza, its setting, in one of the few hilly regions of the peninsula, is charming, with outstanding views of the surrounding country from the top of the principal pyramid.

Because the zone is much smaller than Chichen Itza, as well as closer to Merida, Uxmal is feasible as a one-day excursion. However, there are hotels at the site, and staying in the area overnight will give you an opportunity to visit yet another site, Kabah (ka-BAH), about 20 kilometers farther south, in a single trip.

If tramping up and down temple steps leaves you ready for nothing more strenuous than lying in the sun or beachcombing, the Yucatan has three delightful prescriptions: Isla Mujeres, Cozumel, and Cancun.

Isla Mujeres (ees-la moo-HAIR-ees) is a tiny, sandy island just east of Puerto Juarez, at the eastern end of CN-180, some 320 kilometers from Merida. The island has been growing steadily in popularity as a somewhat less expensive alternative to a vacation on the island of Cozumel (cos-yew-MEL), about 100 kilometers to the south. Isla Mujeres offers excellent skin diving, some sport fishing, and a chance to see groups of local fishermen at work herding sea turtles.

The fare is somewhat more varied and posh on Cozumel. Besides excellent diving and fishing, you'll discover a beautiful freshwater lake, plus Mayan ruins drowsing in the forests, and a village, San Miguel, for shopping and general lounging.

Cancun (kahn-KOON), just south of Puerto Juarez, appears destined to make a big ripple in the competitive world of Caribbean travel. Starting from scratch in 1969 on a narrow 14-mile-long island (separated from the mainland only by a shallow lagoon) with some of the finest beaches in the Republic, the government and private investors have spent some $100 million to date in creating a total resort city, the first of its kind in Mexico.

When it's completed, Cancun will include everything from recreational vehicle accommodations to a Robert Trent Jones-designed championship 18-hole golf course.

Cancun's first five hotels—the Bojorquez, Cancun Caribe, Maya Caribe, Parador, and Playa Blanca—are scheduled to be open this month, along with the inaugural of Mexicana Airlines jet service to the resort direct from U.S. cities. For details on accommodations, and information on condominiums, write to FONATUR, Isabel la Catolica, Number 24, Mexico 1, D.F.

do's and don'ts continued

FOOD

The *turista,* or "Montezuma's Revenge," has long been inspiration to humorists, but if you get it you'll find it as funny as anything else that gives cramps, chills, and diarrhea. A good dose of *turista* is guaranteed to ruin your trip. But it's easy to avoid by following the rules: Don't eat anything that hasn't been cooked; don't drink any water that doesn't bear the label *"agua purificada."* This can be trickier than it sounds—ice cubes in a drink, or fresh-washed lettuce leaves, could be bearers of misery. You're least likely to encounter *turista* in the dining room of a good hotel or a first-class restaurant. However, don't miss a good, broad sampling of Mexican cuisine through overcaution. Many fine hotels catering to Americans have emasculated their menus by adding lots of American staples and making their Mexican dishes anemic replicas of the real thing.





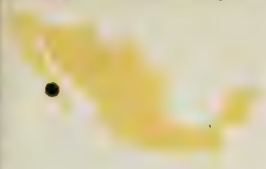
Many Americans seem to feel that genuine Mexican food is a volcanic concoction of beans, chili peppers, and gunpowder, and thus miss out on an important part of the country's culture. Dishes in the northern desert regions of the country do tend to be peppery, but elsewhere the range is broad and delightful.

TRANSPORTATION

Mexico has two major air carriers—Mexicana Airlines and the government-operated AeroMexico—as well as several smaller local air services. Both the major carriers feature up-to-date jet aircraft on routes to major cities. Airline reservations in Mexico can be a chancy thing, and regular reconfirmations are wise.

Mexico has a well-developed train and bus network, offering several levels of service at substantial savings over air fares. Example: Mexico City to Oaxaca is $24 via Mexicana Airlines, $12.60 via Mexican Na-

Baja California del Sur



Until the completion of the new transpeninsular highway in December of last year, the starkly beautiful desert peninsula of Baja California del Sur was limited largely to visitors who either flew to La Paz or Cabo San Lucas in the south or rumbled slowly across rocky roads in four-wheel-drive vehicles.

The highway (CN-1), however, has dragged this isolated and sleepy part of the world right into the 20th century. Today anyone with a reasonably reliable vehicle can drive the entire thousand-mile length of the highway—even bicyclists have done it.

What is there to see and do in this arid region? Well, first of all, there's the desert, with its low jagged mountains, its spectacular oases, and its peculiar vegetation: the boojum tree, looking like some sort of enormous inverted parsnip, the giant cardon cactus, and the leather-skinned elephant tree. Then there are the villages and small towns, just awakening to the dawn of the tourist boom. There is extraordinary fishing in the teeming waters of the Gulf of California. And there are enough beaches to satisfy even the pickiest sun-worshiper.

For car travelers, the southern Baja odyssey begins officially at Guerrero Negro (goor-errow-NEH-grow), which is also the jumping-off point for expeditions to famed Scammon Lagoon, situated about 18 miles from town, where you can watch gray whales congregate during the first three months of the year, after their annual migration from the Arctic.

Between Guerrero Negro, on the Pacific, and Santa Rosalia, on the Gulf, CN-1 crosses the peninsula's bone-dry midsection, with limited services en route; it's a good idea to have a little spare gasoline just for this stretch. The first 40 kilometers east of Guerrero Negro are especially stark, but stands of boojum and cardon reappear farther on, giving visitors a chance to get acquainted with the desert before retiring to the beaches of the Gulf.

Another spot along this stretch of CN-1 that demands a stop is the oasis village of San Ignacio, about 125 kilometers east of Guerrero Negro, 75 west of Santa Rosalia. Date palms and thatched roofs give the place an exotic air, and its handsome mission, founded in 1728, is still in regular use.





Santa Rosalia, a one-time French copper company town established in the late 19th century, is not a pretty place, but it's an interesting one. There are heaps of intriguing old mining machinery scattered around and a wrecked ship dominating the beach. This metal-conscious community's church is cast iron, prefabricated in France and shipped to the peninsula.

The more time you spend in Santa Rosalia, however, the less you'll have to spend in Mulege (MOO-la-hay), 65 kilometers to the south, or on the beaches of the Bahia de Concepcion, another 25 kilometers beyond Mulege.

Mulege is another oasis, with a forest of palm trees flanking a broad, lazy river. Things rewarding for a visitor to see and do include a visit to the Mission Santa Rosalia de Mulege, built in 1766; shopping for craft goods from all over Mexico; and skin diving and sport fishing in nearby Gulf waters.

As you drive CN-1 along the fringes of Bahia de Concepcion, the contrasts of desert, beach, rocky islets, and shimmering blue water defy belief. There are plenty of campsites along this magnificent stretch of the route—just pull up on a beach and pitch your tent—and enough fish in the waters to feed you indefinitely. The water—clear and warm—is excellent for diving, and many beaches offer good clamming.

Loreto, almost 160 kilometers south of Mulege, is the next population center of any noticeable size. Like Mulege, it's an inviting place, with date palms enhancing its setting on the shores of the Gulf of California.

La Paz, some 360 kilometers south, is Baja Sur's only city (population 46,000) and the territorial capital. It combines the unhurried pace of the peninsula with the shopping, cuisine, and color that make mainland Mexico exciting.

Most activity in the city is on or near the *Malecon,* the handsome palm-lined drive that fronts the harbor. Here you'll find restaurants (seafood dishes tend to be the best bet), boutiques, and most of La Paz' hotels. Here also are firms where you can rent diving gear or arrange fishing expeditions—La Paz is the peninsula's foremost sport fishing port, with thousands of sportsmen flying in annually to battle the game fish of the Cape region.

If you drive as far as La Paz, don't miss going the last 225 kilometers or so to land's end at Cabo San Lucas. En route you'll encounter yet another important sport fishing center—the Bahia de las Palmas, where there are bargain accommodations and the same fishing grounds the La Paz skippers frequent—as well as friendly San Jose del Cabo, dozens of empty beaches and coves, and the poshest resorts on the peninsula.

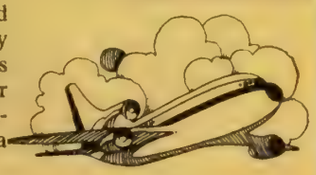
If you're beach camping, San Jose del Cabo, which offers a full range of supplies to go with the smiles of its friendly residents, makes a handy depot. There are miles and miles of open beach to the west of town.

And if you're in the mood for the big splurge, the five hotels scattered along the shore between San Jose and the cape itself—Hotel Las Cruces Palmilla, Hotel Cabo San Lucas, Hacienda Cabo San Lucas, the Camino Real Hotel, and the Hotel Finisterra—rank with the finest anywhere. Rates at the Finisterra, the most expensive of the lot, run about $64 per day for an American Plan double.

When it's time to leave the Cape, a drive through Todos Santos on the western side of the peninsula makes for an interesting return to La Paz. The beaches confronting the Pacific here are absolutely deserted.

tional Railways in a double bedroom, and about $6 via one of the first-class bus lines. The first-class buses are air conditioned and perfectly comfortable, though local buses and second- and third-class bus service can be amazingly uncomfortable.

Hertz and Avis are in most cities. Rates start around $9 per day plus six cents per kilometer for a Volkswagen or a Renault.



Taxi business seems to be booming in Mexico, and you can get one to take you anywhere. Just apply the same rules you would at home. If the cab has no meter (which is common outside Mexico City), make sure you have a mutual understanding of the fee before you get in.



LANGUAGE

You can get by in Mexico without speaking a word of Spanish—many Americans do just that—but you'll be missing a great deal, including most opportunities to acquire Mexican acquaintances. Even the quickest of quickie language courses can make your visit more meaningful. Failing that, a Spanish phrase book will usually prove itself very useful.



METRIC SYSTEM

It's easy to get used to. Just remember that four liters is slightly more than one U.S. gallon (1.06), and one kilometer is about five-eighths of a mile (0.62).

CHILDREN

Your kids will be fascinated with Mexico and they'll open doors of friendship that might otherwise stay locked. Almost all Mexican people are delighted by children, particularly very young ones. But remember that food rules are especially important where children are concerned. Something that might cause a grown-up just minor discomfort could make a child very seriously ill.

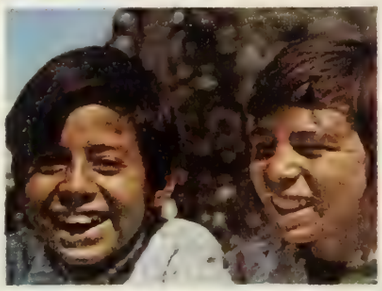


Just South of the border

ENSENADA. Although it's only 120 kilometers from the U.S. border—an easy hour-and-a-half drive via the new toll road (CN-1D)—Ensenada has somehow managed to escape the bordertown blight, much to the delight of the hundreds of thousands of Californians who visit it regularly.

Set on the broad sweep of Todos Santos Bay, Ensenada's principal attractions are shopping, excellent sport fishing, and miles of first-rate beaches. Almost everything tends to be somewhat less expensive than in Tijuana, on the border, as well as much cleaner.

The waterfront Calle Primera and the Avenida Ruiz are the streets where most of Ensenada's shops and cantinas are located, as well as offices of most of the charter boats catering to sportsmen.



While you're strolling the Avenida Ruiz, don't miss Hussong's Cantina, the first bar in Baja California and one of the great crossroads of the western hemisphere today. Also not to be missed is Santo Thomas Winery, the largest in Mexico.

Don't make the return border crossing on a weekend, particularly a Sunday, if you can avoid it; you could spend hours sitting in line to clear U.S. customs.

(Note: Of the four just-south-of-the-border destinations, Ensenada is the only one that can be visited without a tourist card.)

HERMOSILLO-GUAYMAS. Hermosillo (air-moh-SEE-oh), some 310 kilometers south of Nogales, Arizona, on CN-15, is a good place to go for a weekend of Mexican food, poolside lounging, and a quick suntan. Once you've seen the Plaza Principal, the *Mercado*, and *El Hombre de Yecora*, a 10,000-year-old mummy that's the focal point of the state museum, there's not really a tremendous amount left to do.

However, Hermosillo is usually just a stopover for vacationers bound for Guaymas (WHY-mahs), 125 kilometers to the south on CN-15, or for Kino (KEE-noh), about 105 kilometers west.

Guaymas, fronting the shores of the Bocochibampo Bay, is the better known of the two ports. The town offers some shopping and has long been a center for sport and commercial fishing operations.

North of the city center is the Miramar Beach area, on San Carlos Bay, where Guaymas' resort action has traditionally centered. However, San Carlos, about 25 kilometers northwest, is newer and generally somewhat nicer. The attractive little village is taking on the look of a boomtown, thanks to the increasing number of Americans buying vacation and retirement homes in the area, and you'll find a full range of facilities there.

Kino, once a sleepy fishing village, has begun to attract large numbers of vacationers to its beaches, and the sport-fishing business has also begun to expand there. The best beach is at Nuevo Kino, which is located about eight kilometers beyond the old town.

CHIHUAHUA. Ai, Chihuahua! (chee-WAH-wah). This bustling, prosperous city seems somehow much more Mexican than its more tourist-oriented contemporaries near the Gulf of California, making for a much more authentic experience for visitors who drive the 370 kilometers of CN-45 from El Paso, Texas.



Chihuahua is a fascinating jumble of streets, most of them full of vendors as well as a rich variety of motorized traffic. Cathedral buffs will appreciate the church of San Francisco de Asis on the *Plaza de Armas*, an 18th-century baroque affair that still dominates the city skyline. The *Palacio Federal*, on the Calle de la Libertad, and the *Palacio de Gobierno*, on the Plaza Hidalgo, both dating back to colonial times, are also interesting.

Chihuahua also offers some living history in the person of Senora Luz Corral de Villa, wife of the late general (or *bandido*, depending on your source) Francisco "Pancho" Villa. La Quinta Luz, on Calle 10 Norte, is the general's former residence, currently being operated as a museum by his widow.

One of the great railroad excursions of North America originates in Chihuahua, probing the wild canyon country to the west. The complex goes by the name *Barranca del Cobre* (Copper Canyon) but is actually some 20 major can-



yons, some of them deeper and wider than our own Grand Canyon.

Special vista-dome excursion cars leave Chihuahua Mondays and Thursdays (diesel coaches on Saturdays), making the 645-kilometer run to Los Mochis, near the Gulf of California, in a little over half a day. There is one stop en route, at the 9,000-foot Divisadero overlook, where you can peer down into the 4,000- and 5,000-foot depths of the main canyon and three tributaries.

Return trips leave Los Mochis on Tuesdays, Fridays, and Sundays. The trips cost just under $15 (190 pesos) for a reserved seat. The Chihuahua rail terminal is on Avenida Mendez. (You can also make arrangements for this trip from Presidio, Texas.)

MONTERREY-SALTILLO. More than any other northern Mexico urban center, the booming industrial city of Monterrey is best equipped to entertain the American weekend visitor, a fact illustrated by hotel and motel parking lots crammed with cars bearing Texas license plates and the red-and-white

continued on page 144

do's and don'ts

TAKE-ALONGS

Generally, about the only restriction likely to affect you is the amount of film you may take into Mexico. The limits are one still camera and five rolls of film, and one movie camera with two rolls of film. However, you can buy all the film you want in Mexico, though it's more expensive there. It's a good idea to register your equipment with U.S. customs officials at the port of entry to prevent reentry hassles.

BRING-BACKS



Each American citizen may bring back $100 worth of goods purchased in Mexico, duty free. Although returning vacationers are rarely quizzed closely about such items, it's a good idea to hang onto all your sales slips verifying the prices you paid. Each citizen is allowed one duty-free quart of liquor, although state regulations supersede in California, Arizona, and Texas. Liquor may enter California only by common carrier; only nonresidents may bring liquor back into Arizona; Texas imposes a tax of 42 cents per quart, and has an embargo against miniature bottles.

CAMERAS



While you'll naturally want to take pictures in Mexico, keep camera courtesy in mind. Many Mexican people, particularly those in the provincial areas, not unreasonably regard a camera focused on them, their children, or property as an invasion of their privacy. So always be sure to ask their permission before you start taking pictures.

DRESS

Mexicans seem to be getting more and more accustomed to some of the strange plumage of American visitors. Long hair is no longer a problem for men. Men in shorts are still something of a rarity in Mexico—the Mexican men don't wear them unless they're playing soccer. Although shorts are far more comfortable for sight-seeing expeditions, men should be prepared for derisive whistling in some areas.

continued on page 144

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There's no limit to where and what and who a Fisher-Price toy can be. All it takes is a little imagination.

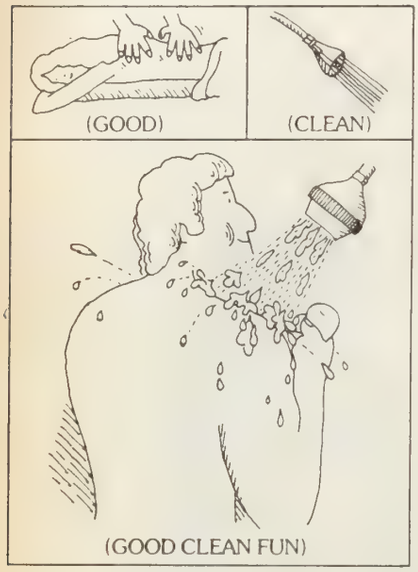


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The complete story of the most complete experience you ever may have in the shower.

A massage makes you feel good. A shower makes you feel clean. The Shower Massage™ does both at once. And more. That's why we call it Good Clean Fun.



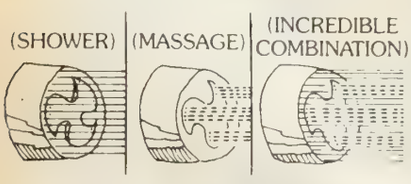
Use Shower Massage to soothe away the aches and pains of life. Use it after jogging. After tennis. After 40. After anything.



Use Shower Massage to get beautiful. To give yourself a facial. To wash your hair. (Shower Massage may be the only way to get long hair really clean.)

Use Shower Massage to wake yourself up. Or to wind yourself down. Use it for a gentle, soothing massage. A brisk all-over going-over. Or just a shower.

(The Shower Massage is a revolutionary new showerhead. Designed a revolutionary new way. To deliver up to 9,000 pulsating bursts of water every minute. It's completely, delightfully adjustable. Use for shower spray. For fast or slow massage. For incredible combinations.)



The Shower Massage comes in two Good Clean Models:

The Wall-Mount Model (SM-2) to replace your old wall-mount showerhead and stay there.

The Deluxe Hand-Held and Stationary Model (SM-3) to be used on the wall or in your hand (as your personal shower). Comes with extra-long extra-convenient chrome hose. To reach any part of your body.

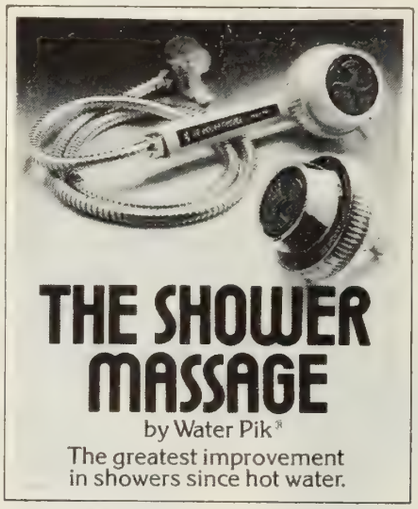
Either model replaces your old showerhead in minutes. So simple even an adult can do it. (Illustrated instructions come with every package.)

The Shower Massage is made by the same people who make the Water Pik® appliance. And, like Water Pik, it makes a fantastic gift. For Christmas. For birthdays. For yourself. For anybody. (Models are available for under $25!)



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continued from page 142

Mexico—just south of the border

stripes of Kentucky Fried Chicken houses scattered around town.

There is the usual run of activities: shopping, at the Colon and Juarez markets; sight-seeing at the adjacent Zaragoza and Hidalgo Plazas (federal, state, and municipal palaces, and the cathedral); night life, in the Plaza Zaragoza vicinity and in some of the downtown hotels (the Ambassador is the best bet); and excellent dining (try the top hotels or the Restaurant Santa Rosa).

And there are some unusual activities as well, such as bullfights (March is the best month), a tour of the Cuauhtemoc Brewery, home of Carta Blanca and Bohemia beers (just off CN-85, north of the downtown area), and a visit to a Mexican style rodeo *(charreada)*, Sundays at Rancho Charro in Villa Guadalupe just off CN-85 south of the city (they're free). Monterrey's dog track is a long-standing favorite diversion of locals and visitors alike. Another is *El Obispado*, the Bishop's Palace, a colonial bishop's residence later used as a fortress and hospital, and now a museum. The palace crowns a hill and affords an excellent view of the entire metropolitan area.

A good way to get a quick Monterrey orientation is via a guided tour of the city—your hotel can make arrangements for you, or you can contact the government tourist office at Hidalgo and Escobedo, just west of Hidalgo Plaza.

The mountainous country south and west of Monterrey makes for some interesting excursions out of the city. One of the most popular of these is to the *Chipinque* (chee-PEEN-kay) *Mesa* (take the toll road branching off CN-40 five kilometers west of Monterrey), where there are beautiful views of the city and its valley, 4,000 feet below. A couple other attractions off CN-40 are Huasteca (whas-TAY-kah) Canyon's sheer thousand-foot walls (turn south at Santa Catarina), and Garcia Caves *(Grutas de Garcia)*, among the largest and most lavishly decorated caverns in the Republic (21 kilometers west on CN-40, then turn north for another 25).

South of the city are *Presa La Boca*, a reservoir used for boating and swimming (32 kilometers south on CN-85, near Santiago), and *Cascada Colo de Caballo* (Horsetail Falls), a fine waterfall (south 36 kilometers on CN-85, turn west at El Cercado).

Tours are available to all these attractions. Check with your hotel.

Besides bringing prosperity, industry has also brought smog to Monterrey; there are days when the valley is simply choked with it. On such days a good remedy is a excursion to Saltillo (sahl-TEE-oh), 83 kilometers west on CN-40. A quiet, low-key place that was once capital of a vast territory that included Texas, Saltillo has acquired a reputation as a weaving center and is a good place to shop for soft, brightly colored *sarapes*. Some of the shops along the Calle Victoria have their own in-house weavers and you'll be invited to watch them at work.

There's a lively market, adjacent to the Plaza Acuna, where all sorts of local wares are sold (pottery and fanciful tin masks are good buys here), and a big, wooded park—the Alameda—on the south side of town. The cathedral, completed in 1801, is of the Spanish baroque style and is rated one of the finest in northern Mexico. ■

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Mexico—do's and don'ts

LITERATURE

There are a great many books dealing with Mexico, and reading one or two before you head across the border will help you enjoy what lies beyond that much more. Two very useful books to take along are *Mexico on $5 and $10 a Day* ($2.95, Arthur Frommer Inc., 70 Fifth Avenue, New York, New York 10011), and *A People's Guide to Mexico* ($3.95, John Muir Publications, Box 613, Santa Fe, New Mexico 87501). The former follows the well-known *Europe on $5 a Day* format with suggestions for budget hotels, local sight-seeing, dining, and night life. The latter is a Mexico survival guide and, although more or less aimed at a rock-generation audience, is full of wisdom and humor. Also very good is the AAA guide.

Particularly useful in specific localities is Richard Bloomgarden's *Easy Guide* series, offering 19 titles. The booklets range in price from $1 to $2.95, and may be ordered through Ammex Asociados, S.A., Lago Silverio No. 224, Mexico 17, D.F.

FIESTAS

No visit to Mexico is complete without at least one fiesta. Since there are dozens, it's not hard to schedule one into an itinerary. The major national fiestas are New Year's Day; Carnival Week

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A small kitchen steals space



Before



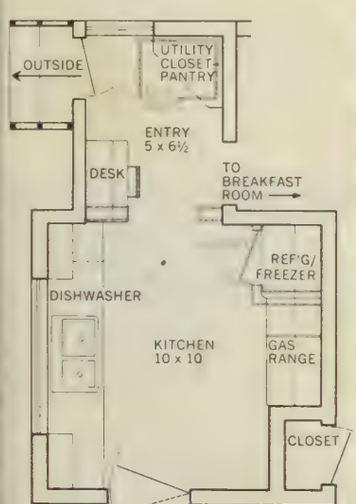
After

Photographs: Hopkins. Designer: Jeff Brauner

You'd expect a ten-foot room with only two doorways to accommodate a compact, efficient kitchen. But here, twin oversize closets on one wall left barely enough space for a range. The refrigerator had been exiled to the narrow entry, intended for a 1920-vintage icebox opposite the back door (handy for the iceman, but not for the family).

Solution: swapping closet and refrigerator, then banishing all trace of small-space blues by removing a wall separating kitchen from entry. No other major changes were needed. Even existing gas and plumbing lines were utilized. Now, this kitchen seems twice its size with bonus space for desk, family message center and overflow party preparation.

Other never-before conveniences include a double-oven range with ventilator fan, family-size refrigerator/freezer and built-in lighting above the sink. All surfaces are low maintenance. New space-saving custom steel units multiply accessible storage. Their wood doors, rubbed with white and accented with jaunty colors, dress up the bright white room.



Gray lines: original walls removed







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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West



San Gabriels: backyard mountain range

If you want to see a special stretch of wilderness on your next California vacation, head for Los Angeles. That's right, L.A.

Within an hour's drive from the Los Angeles metropolitan sprawl, you can be hiking through evergreen forests or rocky canyons splashed with waterfalls, photographing wild flowers, or fishing in a mountain stream.

That's the paradoxical beauty of Southern California's San Gabriel Mountains; they not only offer almost every kind of mountain experience—skiing, climbing, horseback riding, backpacking—but they're easy to reach.

There is no gentle progression of foothills to the San Gabriels; the mountains meet the edge of the plain abruptly, like a great blue-gray wall. Road building there was extremely difficult, so until the 1930s the range was explored primarily by travelers on foot or horseback. The round summits look deceptively benign, but the slopes are so steep and the terrain so fractured by earthquakes that even the best hikers find these mountains a challenge.

Thanks to the rugged topography, there's still plenty of wilderness, even though the San Gabriels are now crisscrossed with roads and trails and have more visitors than any other mountain range in the country. Angeles National Forest, which includes most of the San Gabriels, was used by about seven million persons last year.

Most of the visitors, though, come on the weekend. If you take a midweek excursion, you often drive for miles without passing another car. You'll have space, quiet, and a sense of what these mountains were like when Los Angeles was just a pueblo.

Because the San Gabriels consist of two parallel ranges—a "front range" about 3,000-6,000 feet high and an interior range that rises to 10,000 feet—you can enjoy the mountains any time of year. Pick an elevation to suit the weather and your mood. The best all-around time for the San Gabriels, though, is between December and May. Then streams and waterfalls are full and the lower slopes lush with blooming chaparral, and there's a chance for long, smogless vistas out across the city to the ocean.

A clear morning after a storm is a great time to take the Angeles Crest Highway (State-2), the main route through the mountains. It took 27 years to build this 56-mile-long road between La Canada and Big Pines.

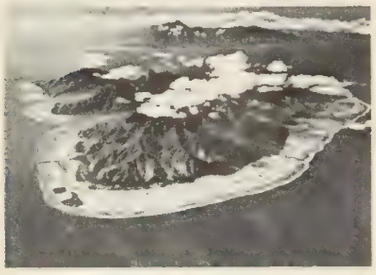
One detour you should definitely take is to Mount Wilson, famous for its views and its observatory; the turnoff from State-2 is 13 miles east of La Canada. It costs $2 per car to enter Mount Wilson Skyline Park (open daily from 9-5, in winter closed Monday and Tuesday). The park has pine- and oak-shaded trails, picnic tables, a snack shop, playground, and children's zoo, as well as some memorable overlooks.

But the big attractions are the telescopes, their gleaming white domes and towers soaring above the trees. The best known is the 100-inch Hooker, until 1947 the largest reflecting telescope in the world. You can see it at close range from the visitors' gallery. Also, be sure to stop at the astronomical museum for a look at some of the incredible star photos taken over the course of many years from Mount Wilson.

About ten miles east of the Mount Wilson turnoff on State-2 is the large and popular Chilao campground—one of 90-some campgrounds scattered throughout Angeles National Forest.

At Jarvi Memorial Vista, elevation 6,800 feet, you can get a real feeling for the high country on the self-guiding nature trail that offers glimpses of the wild depths of Devils and Bear Can-

Tahiti Plus.



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ons—the heart of the rugged 6,000-acre San Gabriel Wilderness. It's primitive country, only bout 35 air miles from L.A.'s ity hall.

There are some good day hikes, s well as longer trips, to be taken n the wilderness, and you can sually pick up a map at any of he ranger stations along State-2; vernight backpackers must get permit.

The highest peak in the San Gabriels is Mount San Antonio—etter known as Mount Baldy—t an elevation of 10,064 feet. It ies at the eastern end of the ange, about 15 miles from the ollege town of Claremont. On a clear day, the panorama from Baldy's upper reaches is the best n the range—all the way to Catalina Island in one direction and o the southern Sierra Nevada in he other. You can ride the ski lift to Baldy Notch (elevation 7,800) and climb another 2,200 feet to the summit (before May, this means slogging through snow).

Just before Old Baldy's parking lot there's a sign pointing to San Antonio Falls. Stop there on your return trip and take the short trail down into the canyon, where you can wade and sun and watch feathery cascades plunging over a craggy cliff. If you like to hike, you can go on down the road to Icehouse Canyon Resort, starting point for one of the prettiest trails in the San Gabriels.

Some San Gabriels regulars like the lowland parts of the range best, especially the waterfall canyons that are only a short drive and hike from the foothill communities of Altadena, Sierra Madre, and Azusa. To other mountain travelers, there's no place like the northern, Mojave Desert side of the mountains—the country of red rock formations and Joshua trees.

One thing is certain: you can only see a slice of this sprawling, varied mountain range on a single trip. At last count, there were 1,329 miles of roads and nearly 500 miles of trails in the San Gabriels. That's enough to keep you coming back for years.

Two good San Gabriels reference books are: "Trails of the Angeles: 100 Hikes in the San Gabriels," by John Robinson, $4.95, Wilderness Press, 2440 Bancroft Way, Berkeley, California 94704; and "A Guidebook to the San Gabriel Mountains of California," $1.95, Ward Ritchie Press, 3044 Riverside Drive, Los Angeles, California 90039.

For further information, or for help in planning hiking or camping trips, write U.S. Forest Service, Angeles National Forest, 150 South Robles Avenue, Pasadena, California 91101.

A Tacoma surprise



Tacoma's Point Defiance Park is a surprise for most first-time visitors. Like its larger and better-known counterparts to the north and south—Vancouver's Stanley and San Francisco's Golden Gate—it offers something to tempt virtually any age and any taste.

Situated on the northwestern edge of Tacoma, the 638-acre park occupies the tip of a heavily wooded Puget Sound peninsula and contains an astonishing array of floral displays, picnic areas, hiking trails, bike paths, beaches, museums, a zoo, aquarium, boathouse, steam railroad (in summer), and an old British fort. The park's name is attributed to American explorer Lieutenant Charles Wilkes, who visited the area in 1841 and said of the point's steep bluffs: "They would bid defiance to any attack."

As you enter the park off North Pearl Street, your gaze meets acres of open greensward surrounding a small lake and waterfall, an ideal site for a picnic lunch. Just beyond are the park's rose gardens and a large floral clock where plantings are changed with the seasons.

The zoo is small and compact but contains several unusual attractions. Glassed-in exhibits of small animals and birds are landscaped in native habitats designed for close-up viewing. In the bi-level waterfowl enclosure, you can watch cormorants and other aquatic species swim beneath the surface for food. Children are delighted with the farm zoo, where they can touch the animals.

The park's five-mile scenic drive meanders through coastal forest lush with fir, hemlock, cedar, mardona, dogwood, and native rhododendron. In places the trees give way to open bluffs with panoramic views of Vashon Island, the Olympic Peninsula, and the maritime traffic in Colvos Passage and Tacoma Narrows.

You pass the Job Carr home, a tiny structure built in 1865, and the well-manicured Japanese garden. A spur road to the right leads down to Owens Beach and the municipal boathouse, where there are boats, motors, and saltwater tackle for rent.

Perhaps the most unique feature in the park is Fort Nisqually, a restoration of an 1843 Hudson's Bay Company post originally located 17 miles to the south. Its 12-foot stockade and rifle-ported bastions command an imposing position overlooking Tacoma Narrows. Inside, eight weathered plank buildings flank the parade ground, where an authentic six-pounder cannon, embossed with the royal arms of England, stands guard. The small museum displays Indian and early settlement artifacts, including some household utensils and tools used by the fur traders.

For information, write the Tacoma Area Chamber of Commerce, P.O. Box 1933, Tacoma, Washington 98401. ■

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Selected by the Editors of BH&G

British Isles-Mexico-Europe-Hawaii

FAR AWAY from it all sounds pretty good these days. Better Homes and Gardens editors feels that now is the time to visit those far away places you've always dreamed about. Prices won't get any lower in the near future—or possibly ever again. The four tours described here have been carefully selected to give you the vacation you've earned—designed to provide total relaxation and a truly memorable travel experience.

RELAX—and escape from the pressures you face daily. That's the major goal of a great trip. Too often, though, travelers come home weary from solving vacation problems. Better Homes and Gardens editors want to be sure you spend your vacation experiencing a new environment, seeing and savoring other parts of the world. So, those precious days should not be spent worrying about tickets, arguing about reservations or figuring out where to go or how to get there. BH&G Tours eliminate the problems which prevent your relaxation.

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SATISFACTION will be an understatement. The Better Homes and Gardens Tour Service was created so you can enjoy new places of the world and come back completely satisfied with value, with service, with travel experiences and with your travel companions.

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Hawaii is a real paradise and it belongs to the U.S.A. You'll experience a magical holiday in these exotic islands where wild tropical flowers grow in profusion. A beautiful week in Wakiki and Honolulu and several days on the Big Island of Hawaii will give you superb sightseeing, and plenty of time to relax, get a little sand in your shoes and explore on your own. The trip includes a visit to Hilo, the spectacular Kilauea Volcano, and Kona where you will feast in style at a Luau complete with traditional food and music. Enjoy all this plus a special BH&G dining plan which allows you to choose from a glamorous array of restaurants in Honolulu. This Island paradise means total relaxation and pleasure, and BH&G brings it to you at a price you can afford.

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Guatemala City, Chichicastenago, Antigua, Merida, Chichen-Itza, Uxmal, Taxco, Mexico City—just the names sound romantic and exciting, and actually being there is guaranteed to stir your imagination. You can view ruins of a sacred city, see the famous Ballet Folklorico, eat lunch in the midst of a tropical rain forest, drift on a flower-bedecked barge through floating gardens while Mariachi musicians provide the sound to accompany the sight. Maya history becomes real in this land of historical and archaeological wonders. The quiet contemplation of the past is complemented by the happy sounds of marketplaces and music—all designed to preserve this adventure for you forever.

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Features Group Inclusive Tour (GIT) air fare, two meals a day (except in Amsterdam and Paris where breakfast only is provided), with special emphasis on regional food, wines and handcrafts.

Amsterdam, Cologne, Heidelberg, Lucerne, Paris and the countryside between provide the backdrop for the ultimate in Old World charm and quiet elegance. Picture yourself cruising down the Rhine past a panorama of imposing scenery. Experience true grandeur as you stand in the gothic Cathedral in Cologne, or view famous works of art in the Louvre. Add the delights of a Dutch village, the Black Forest and acres of French vineyards. Taste and compare the wines from the Rhine with those of France, the Dutch beers and the German, cheeses from Holland and Switzerland. The brilliant contrasts offered by these four Countries are accented by the glories of Paris—with the special flavor of Europe yours for a lifetime.

BH&G British Isles Tour—15 Days*

Price From New York $815, from Chicago $921, from Los Angles $977.
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Experience the splendor and tradition of life in England, Scotland and North Wales. Days of delight and discovery await you in the land of stately castles and bewitching gardens. Visit Bonnie Scotland and unpronounceable places in Wales, tour medieval towns and homes of the renowned and famous. You'll be entranced by the peaceful beauty of the English countryside with flowers in abundance everywhere. A kaleidescope of events past and present will unfold as you visit Oxford, Bath and mysterious Stonehenge and then go on to a wonderful visit in and around London. An unmatched visual and emotional experience is yours as you discover the majestic lifestyles of earlier centuries.

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You will know exactly what your trip will cost when you travel with BH&G. Prices include round trip air fare, first-class hotels (double occupancy), two meals a day (except as noted), transportation between cities, sightseeing, baggage handling, service charges, gratuities and the services of a full-time Tour Director. Lowest air fares in effect at times of departure are assured by the BH&G Tour Service. You'll find all the information on what is included (and what is not included) in the descriptive brochure you receive before you make your tour choice.

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Your own BH&G Tour Director is with you 24 hours a day. Knowledgeable, thoughtful, responsible, multilingual professionals, they are also fun to be with. Your BH&G Tour Director is an important key to the success of the trip.

SPECIAL INTEREST

Another world opens to you as you visit out-of-the-ordinary spots and get a real feel of far away places. Walking through the homes and gardens of another era, visiting quaint villages, savoring regional wines and food specialities—these are just a few of the very special interest features of the BH&G Tours.

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For extra service and comfort, BH&G Tours are limited to 30 people in Europe and Mexico and to 40 for the Hawaiian trip. Offered especially to Better Homes and Gardens readers, these tours attract groups of compatible people with tastes and backgrounds similar to your own.

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Carefully planned special parties on the first and last days of each tour reflect the true atmosphere of your location and the warmth and friendliness of your BH&G Tour group.

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The BH&G Tour For You

Surely one of these four great tours is just the perfect one for you. The free descriptive brochures include all the details and many features of each Better Homes and Gardens trip.

The BH&G Tour Service invites you to join one of these very special experiences in another world. Write for more information or reserve space today. Use the handy coupon below.

Prices subject to change. *Summer air fare supplement June, July, Aug.

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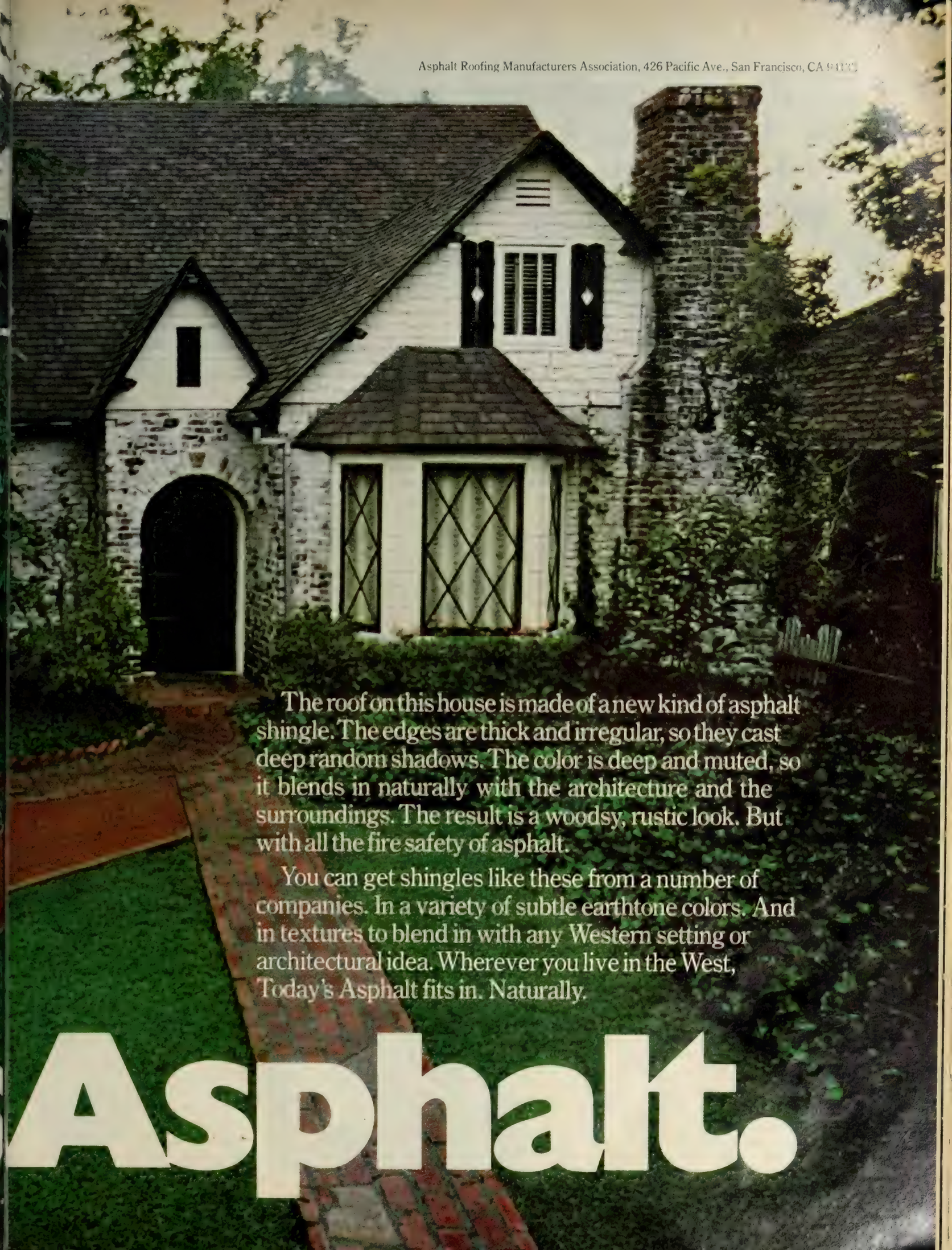
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P104


Today's

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The roof on this house is made of a new kind of asphalt shingle. The edges are thick and irregular, so they cast deep random shadows. The color is deep and muted, so it blends in naturally with the architecture and the surroundings. The result is a woodsy, rustic look. But with all the fire safety of asphalt.

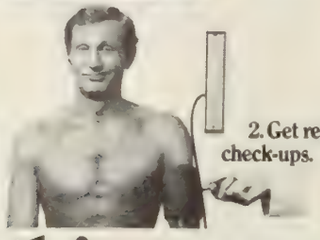
You can get shingles like these from a number of companies. In a variety of subtle earthtone colors. And in textures to blend in with any Western setting or architectural idea. Wherever you live in the West, Today's Asphalt fits in. Naturally.

Asphalt.

If you're concerned about heart attack, here are two things he can do:



1. Quit smoking.



2. Get regular check-ups.

...and one thing you can do:

Most doctors list three major risks of heart attack: smoking, high blood pressure, and serum cholesterol. (Regular check-ups are needed to monitor the last two.)

If the doctor recommends a low cholesterol diet, that's where you come in. Ask him about Saffola® Margarine. Made with safflower oil, Saffola is higher in polyunsaturates than most other margarines, including corn oil. No other margarine is lower in saturated fats than Saffola. Along with a modified fat diet, Saffola actually helps reduce blood cholesterol.

Happily, Saffola Margarine tastes as good or better than any other spread. If you're concerned about heart attack, it's one of the easy things you can do.



Make coffee an occasion



"Drop over for coffee" rings a special bell for entertaining all over the world. Coffee gatherings can range from a kitchen klatch to a formal coffee-'n-dessert. Individual preferences in coffee are even more divergent—not to say controversial! Parisians have long favored their coffee laden with chicory. Bismarck had a different idea: he ordered his troops to burn all the chicory in Paris, then said, "Now make me a cup of coffee!" Table settings for coffee parties need not be "run-of-the-mill." **There's nothing like coffee** and cards to top off a morning of housework, so invite the girls over. The trim lit centerpiece is easily made from c hangers and cardboard silhouettes birds with newspaper wings. Sec wire end in plastic foam and surrou with small bowls of flowers. An elect coffeepot keeps the coffee hot no mat how long the cards and conversati last. This high-style glass ceramic c fee maker is suitable for any occasi Large cups are appropriate for aft noon entertaining.



Coffee by candlelight is an after-dinn or dance tradition. The centerpiece fe tures a silver-touched moon of plywo or cardboard, pottery owl, crystal st candlesticks surrounded by tiny stati blooms. Try a tall coffee service wi mugs instead of the traditional cup A variety of liqueurs is an elegant wa to make coffee a black-tie affair.



Photographs: Hopk

Das Bierhaus! German flair adds char to a coffee-and-dessert occasion. Larg pewter urn keeps coffee flowing for th crowd. And if you don't have enoug cups, mix 'em. Don't forget to add th newly chic moustache cups (for thos who need them!). A beer stein mak an appropriate flower container.

tisfying
g soups

ious egg soup is a little than a snack, a little less a supper. It's ideal for ured days when meals will ch-as-catch-can. Try it as aining snack when dinner late; or as a simple brunch you over till late-afternoon ; or as a mini-lunch any the week.



ESE EGG-SHRED SOUP

gg cooks into fine threads u gradually stir it into the roth—

ounce can cream-style corn
-ounce can condensed cken broth
nce can boned chicken, rsely chopped
water
pepper

• • •

ed fresh chives

cepan, combine cream-style the chicken broth, chicken. , and pepper. Heat to boil- stirring occasionally. Beat horoughly. Pour slowly in- hot soup in a thin stream, g constantly with a fork gg cooks and shreds very . Ladle into soup bowls. kle snipped fresh chives each serving. Garnish with y sprigs, if desired. Makes servings.

Photographs: D



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PORTUGUESE HAM AND EGG SOUP

1 can condensed chicken with rice soup
¼ cup finely chopped cooked ham
2 green onions with tops, thinly sliced
2 teaspoons lemon juice
1 beaten egg
Freshly grated nutmeg

In saucepan, heat chicken with rice soup according to label directions, adding ham, onion, and lemon juice. Add a moderate amount of soup mixture to beaten egg; return to mixture in saucepan. Heat and stir till mixture comes almost to boiling. To serve, ladle into soup bowls. Sprinkle lightly with freshly grated nutmeg. Makes 4 servings.

OFFERING A glass of wine to guests is an old custom—one that man has carried with him wherever he settled. Grape vines from home have always been among the first plantings in a new area. The grapes took on the character of the new land, but the wine still reminded people of the place they had left. And it was a sign of hospitality and friendliness. Sherry is a wine with such a history. Where did it begin?

WE HAVE THE ENGLISH TO THANK FOR THE NAME

Obviously not all soils and climates can produce good wines—so man has frequently looked around for sources of supply. Probably as early as the 12th century, British ships were bringing home a wine from Spain in wooden casks. The popularity of the wine is apparent, for it soon was given a nickname we still use. Word experts tell us Sherry was the English way of pronouncing Jerez, the town where the wine was made.

A WINE SHAKESPEARE ENJOYED

Falstaff, in Henry IV, joyfully declared that if he had a thousand sons, he'd teach them all to drink "Sack" (i.e. Sherry). A splendid endorsement. But the heyday of Sherry came later in Victorian England. Novelists of the period paint a scene of gentility and graciousness in offering Sherry and biscuits to guests. It was a way of life to be aspired to.

And that is most likely how your grandmother came to serve Sherry.

WHAT EXACTLY IS CALIFORNIA SHERRY?

The early California winemakers brought the idea of making Sherries with them from other lands. And the vines, as well.



Wine has long been a favorite subject with artists.

OUR CELLARMASTER'S NOTEBOOK

What exactly is Sherry?

OUR CELLARMASTER, BROTHER TIMOTHY, TALKS ABOUT THE WINE YOUR GRANDMOTHER KEPT IN A DECANTER FOR COMPANY—AND SUGGESTS HOW IT CAN BE ENJOYED TODAY.

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California is blessed with an almost unending variety of soils and climates suitable for growing the true European wine grape: Vitis vinifera.

To make our California Sherries, we chose the heart of the great Central Valley. The dry, hot summer there brings splendid character to the noble Palomino grape, an émigré from Spain. Choice, sun-ripened clusters are selected and along with other pedigreed varieties are taken to our nearby Mount Tivy winery. Here the wines are made, and each is aged in wooden casks till it meets our standards for taste and quality.

Each land gives individual character to its grapes. Each winemaker gives style to his wines. We are justly proud of our California Sherries, and invite you to enjoy the goodness from our vineyards and our cellars today.

OUR CALIFORNIA SHERRIES COME IN FIVE STYLES

We follow another tradition in The Christian Brothers cellars—that of blendi a variety of styles, ranging from pale and dry to rich and sweet. Each Sherry has its own appeal. Serve or use them whenever y like. Your best guide is your own taste.



DRY SHERRY

This is a light-bodied, deliciously dry Sherry u a fine pale gold color. It very smooth. A pleasing before-dinner drink chilled, or over ice.



COCKTAIL SHERR

The lightest of our Sherries. Very pale, very dry, and a classic "nut-like" taste. Try it over ic a delightful appetizer an compatible with dinner wines you enjoy later.



GOLDEN SHERRY

Many people prefer the taste of this medium Sherry. A bit sweeter th Dry or Cocktail—not as rich as Cream. Its full flavor is good in recipes that call for Sherry.



CREAM SHERRY

A fine golden amber col distinguishes this Sherry "Cream" is a good descri tion for its smoothness and richness. It is enjoye as a dessert wine with cakes, cheeses and fruits



MELOSO CREAM SHERRY

Our own truly luxurious Sherry, with a smooth, mellow, honeylike flavor for which the Spanish have a word: Meloso. It blended from specially chosen and aged casks. Only limited amounts ar available each year.





FEW TIPS ON WHEN AND HOW TO SERVE OUR SHERRIES

of our premium California Sherries keep their fine flavor after opening. t's why you find the wood-top, pull cork are on our bottles. This "keeping" ity gave Sherries their decanter reputa- It's still a fine idea. The rich color of ry is most inviting offered in a crystal nter, surrounded by sparkling, stemmed es.

But lest this sound too formal, re- nber, the right glass to serve them in is glass. Many people prefer Sherry chilled over ice. And what to serve it? Salted nuts, olives, p cheeses are good ces before er. For ert, offer s and un- ed cakes. The flavor of ry also es it a



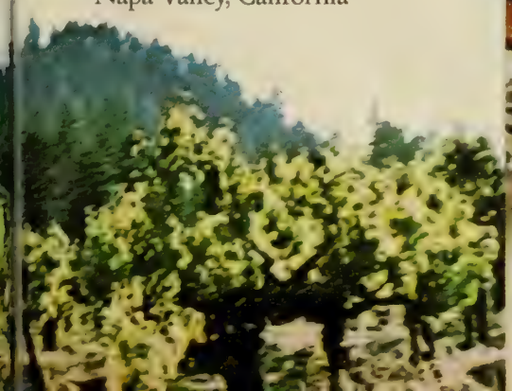
Each of our Sherries is tested many times before bottling.

lar cooking wine. Add it to soups, to erts, cakes, cream sauces, or gravies.

And why use a fine Sherry for cooking? he same reason you use other fine edients. Our Sherries are made from the cest grapes. Each is blended to our stan- s. Through the years we have changed y methods to improve that quality—but radition of care and pride is there for you ste in each bottle from our cellars.

Brother Timothy F.S.C.

Cellarmaster, The Christian Brothers, Napa Valley, California



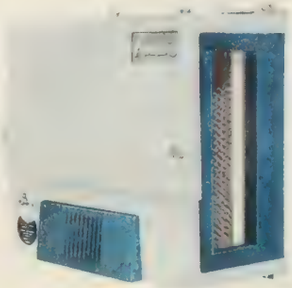


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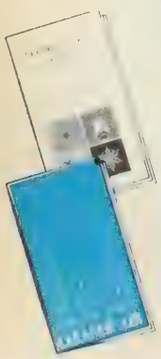
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Address _____

City _____ State _____ Zip _____

How to plant an evergreen

Plant winter-hardy evergreens now for year-round landscape effect. The sooner you get them in the ground, the more time new roots will have to get established before dead of winter.





Avoid planting evergreens too close to the foundation of a building. Young plants will grow and spread out. When mature, they shouldn't crowd the wall so there's no air circulation around them. Measure a minimum of 30 inches from the wall and mark the planting spots with stakes. Let your garden center operator help you select small evergreens for foundation use. Trees aren't the answer because they outgrow their location and create undesirable dead air pockets around the home.

Evergreens are commonly balled and burlapped to hold soil intact for handling. Using a spade handle, measure height and width of the ball to determine size of hole to dig. Make width of hole a foot wider than the ball and about as deep. Loosen tight soil in the bottom of the hole. Then grasp the ball and lower plant carefully into the hole. Center plant and tuck soil under ball if needed to make plant straight. Loosen burlap only at the trunk. Backfill with soil, leaving a basin for water.



Photographs: Hopkins

Give newly planted evergreens a thorough soaking with the hose. After the water has soaked in, level off with loose soil. Water deeply again a couple of days later. (If, for some reason, you must delay planting, set plants in the shade and keep soil balls moist so the roots won't dry out.) To give plants a longer rooting period into the winter, spread a couple of inches of mulch over the soil around the plant. Buy a pressurized can of anti-desiccant from the garden center and spray the foliage. Coating with the latex allows the plant to breathe but prevents loss of moisture from wind, sun and low winter temperatures. Soak deeply around the roots with water just before the soil freezes, and your evergreens should weather the winter in good shape.

ep track of ur assets— the state may ke them over

probably don't know about spect of the law in most that's called "escheat." should, because it empow- our state government to over any funds and other rty belonging to you if left imed for a certain length ne. That goes for anything an uncashed winning ticket horse race, to an estate for no heirs can be found.

could this happen?

escheat laws generally pro- hat an institution or agency ng certain property must it over to the state if the rty is unclaimed for the er of years specified by law.

's say you took out a small gs account years ago, then d away and forgot about count. The state where you ived (and the bank is lo-) specifies a ten-year limit ormant accounts. After ten the bank will try to con- ou. If it doesn't succeed, it dvertise the account in lo- apers as "unclaimed." Then ank may stop paying inter- Finally, when no claimant rs. the bank will close out account and transfer the y to the appropriate state In some states, you can- recover such "abandoned rty." In others, you can.

d it happen to you?

uestion about it. Each year, and insurance companies er the country run ads such e one mentioned earlier. ces are, you won't spot name when it runs. re are other possibilities:

trance policies. You might out if you delay too long e cashing an endowment that has matured; or, you a regular policy to lapse, overlook its cash surrender ; or, you are beneficiary of cy no one told you about.

'. Treasury bonds. The gov- nt is holding millions of s worth of bonds on which terest is being collected— y because the owners or don't know about them.

registered bonds. The issu- gency keeps no record of olders, so it's the owner's nsibility to collect interest to cash matured bonds. millions go unclaimed.

will. If no heirs are found ou've made no will, your estate will be escheated. Even with a will, escheat can occur if your beneficiaries can't be found.

What precautions can you take?

1. When you move, notify all agencies involved in your assets.
2. Keep your bank accounts up to date. Close out inactive ones.
3. Make an inventory, including the location of all related documents and papers. Keep an extra copy in your safe deposit box.
4. Be sure your will disposes of all assets and provides proper alternate beneficiaries if your first choices should predecease you. Update it whenever there's a major change in your assets.
5. If possible, register any unregistered bonds you may own. ■



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Start with Top Ramen, the classic wheat noodle. Light, tender and ready to serve in just 3 minutes, it turns the "same old things" into all kinds of new creations.

Just add whatever's in the fridge. Yesterday's pork roast. The last of the beef. Stray vegetables, like that little glass full of peas. Or that half onion down in the crisper.

You get the idea. Be creative.

It's easy with the noodles that come in four artfully seasoned flavors. Beef. Pork. Chicken. And, to nobody's surprise, Oriental.

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Top Ramen
Seasoned Oriental Noodles
Play around with it.

Nissin Foods, Gardena, CA 90249

How to quiet your home

Bells, buzzers, mixers . . . g
ers, motors, and disposers
dogs barking, doors slamr
and children romping thr
the house. This domestic cac
ony can lead to thumping h
aches and jangled nerves
easily. To turn down the vo
at your house, try this:

- Hang heavy drapes over
dows closest to outside
sources.
- Shut windows during
mer months if you have roo
central air conditioning.
- Shield your house from
of street traffic with tall,
fences.
- Install acoustical tiles
ceilings.
- Use double-sealed wi
glass for street-facing winc
- Use insulation and vibr
mounts when installing a
dishwasher.
- Install washing machin
the same room with heating
cooling equipment, preferab
an enclosed space.
- Use gasketing around
and caulking around moldi
reduce reverberation.
- Prevent excessive vibr
from being transported thro
out the house by using rubbe
cork cushions under heavy,
appliances.
- Install nylon rollers t
duce the noise of a garage d
opening and closing.
- Cement acoustical tile t
wall behind a washer and
to reduce noise.
- Use a headset when yo
the only one listening to mu
or keep the volume low.
- Test several brands for
operation before buying a
appliance.
- Reduce impact noise
rugs and resilient flooring,
ticularly the new cushion-ba
vinyl floors.
- When you have the ch
install wooden kitchen cab
which vibrate less than
made of metal.
- Use wooden spoons and
ber spatulas instead of
spoons in glass bowls.

Of course, you can decid
easier to "learn to live with
high-decibel din. It's true t
family can get used to the
of machines and the blas
stereos, but there may be a p
Prolonged exposure to exce
noise can be damaging to
hearing and nerves. By ado
just a few of our quieting
gestions, you can lower the s
level considerably at your h
and make a major contributi
family harmony.

nch box eas

to make your brown bag-lunchtime seem like high- instead of ho-hum? These empting recipes will do the To keep the salad cold and and the stew steaming hot, re to put them both in well- ated vacuum jars.



APPLE-TUNA SALAD

any leftover dressing for d salads—

-ounce can pineapple tidbits - or 7-ounce can tuna, ined
sliced celery
lium carrot, shredded cup)
espoons chopped sweet kle
p imitation sour cream
p creamy Russian salad ssing
aspoon curry powder

n pineapple, reserving 2 ta- oons syrup. In bowl, break into large pieces; combine pineapple, celery, carrot, ickle. Cover; chill. Combine ved pineapple syrup and re- ing ingredients; blend thor- ly. Cover; chill. Pack chilled into vacuum jar; spoon dressing over. Seal. Makes 4 servings.



Photographs: Dreter

K BRUNSWICK STEW

packing for the lunch box d, chill the rest of the stew to ready to reheat at noon for tay-at-homes—

e onion, cut in thin wedges
espoon cooking oil
ounce can stewed tomatoes, up
ounce can whole kernel corn
1 10½-ounce can condensed tomato soup
1 16-ounce can sliced potatoes, drained and cut up
1 8-ounce can lima beans, drained
½ teaspoon salt
Dash pepper
2 5-ounce cans chicken, cut up

In large saucepan, cook onion in hot oil till tender but not brown; stir in remaining ingredients *except* chicken. Cover; simmer vegetable mixture 10 minutes. Carefully stir in cut-up chicken; heat through. Ladle the hot stew into well-insulated vacuum jar. Seal. Makes 6 servings.

Three European coffee flavors arrive in America.



In introducing General Foods International Coffees, we borrowed a few of the best coffee ideas the Europeans ever had. Café au Lait, the smooth, light coffee with a deep French roast flavor. Suisse Mocha, the chocolate flavored coffee whose heartwarming taste takes the chill out of the Alpine air. And from Vienna, where great pastry deserves only great coffee, Cafe Vienna, with a touch of cinnamon the Viennese are so fond of.

These deliciously different coffees are a combination of some of the world's finest coffees with some of the most interesting flavors. Just put two spoonfuls in a cup, add boiling water, stir and sip. And you'll discover the same great coffee flavor you'd find abroad. The flavor of Europe. Let's drink to it.



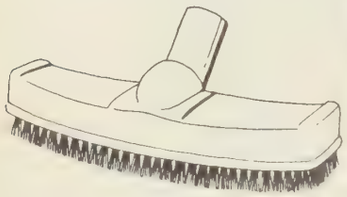


General Foods International Coffees. We brought the flavor home.

GF General Foods

Activate those vacuum cleaner attachments

Are your vacuum cleaner attachments gathering dust in the closet instead of getting rid of the dust in your home? Then take them out whenever you use the vacuum. They can speed and simplify dozens of household tasks, from dusting books and pictures to cleaning the face of your TV set.



The floor/wall brush is used primarily for cleaning all kinds of hard-surface floors and stair carpeting. But you can also use it to clean large wall areas, ceilings, and closets. It's handy, too, for fabric wall covering or flocked fabric wall covering. For best results on walls, either painted or paneled, always dust from baseboard to ceiling. You can also use the floor/wall attachment to clean the fireplace hearth. Be sure to clean the brush afterwards.



The upholstery nozzle loosens and removes accumulated dirt on upholstered furniture. It's particularly effective in getting rid of lint and animal hair. A good practice is to go over all upholstery once a week, using short strokes.

You can also use the upholstery nozzle to clean curtains and draperies. Attach the tool to a long extension wand to reach ruffled or pleated headings. Heavy fabrics such as velour and velvet also benefit from a once-over every so often.

Even if you use a mattress cover, you'll want to freshen your mattresses at least twice a year. It's a simple task with the upholstery nozzle and a straight extension wand. Use the nozzle, too, to go over covered bedsprings every spring and fall and to keep pillow ticking fresh and free from harmful dust.

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AMERICAN OF MARTINSVILLE





The upholstery nozzle makes short work of other jobs too, such as cleaning upholstered patio furniture, canvas awnings, the insides of luggage, car interiors, and wearing apparel such as coats, felt hats, and suede garments.



The dusting brush is probably used more often than any other cleaning tool. It's recommended for carved furniture, tabletops, books, lamps, lampshades, light fixtures, picture frames, venetian blinds, baseboards, shutters, hot air registers, window screens, electric fans. In fact, everything you usually dust with a cloth can be cleaned more easily and efficiently with a dusting brush.

Have a green thumb? Then coddle those houseplants by dusting them frequently with a dusting brush. Other offbeat uses for this tool include cleaning the face of the television set, getting rid of wood shavings and sawdust in your husband's workshop, removing lint and sediment from the trap of your washer, and dirt and food particles from the oven and below-the-burner area of the kitchen range.



The crevice attachment is a long, slim instrument specifically designed to whisk away dirt from hard-to-reach crannies and corners. Attach to a vacuum hose or wand to reach deep crevices in upholstered furniture, radiators, interiors of cabinets and drawers, and spaces between kitchen appliances.

Besides doing standard cleaning jobs, the crevice attachment also comes in handy when you want to dig out dirt from pants pockets and trouser cuffs, clean the insides of golf bags, boots, and overshoes, and pick up erasures from typewriter keys.

Always clean your vacuum cleaner attachments after using. Remove accumulations of lint and hair from brush bristles with the crevice tool or open end of vacuum hose. Wash tools in warm water with a detergent; rinse and let dry before storing.

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How to get good used laundry appliances

You can save plenty when you buy used laundry appliances instead of new ones, but only if you choose wisely. Utility companies, appliance dealers, and private individuals are the primary sources of used appliances. In each case, the reputation of the source is a good indication of what you can expect for your money. Here are some basic guidelines to smart buymanship.

Utilities

Some schools arrange with a utility company or manufacturer to replace laundry appliances annually or biannually. If you're fortunate enough to buy an appliance that has been used only one or two years in a home economics instruction room, you can be pretty sure it's in good condition. The unit may even have warranty left on it. The price won't be cheap, but should be well below the retail price for the same model.

Appliance dealer

If an appliance dealer is reputable, he will sell only those used appliances he has completely inspected, reconditioned, and shop tested. If he has complete confidence in the product he'll offer a warranty—perhaps up to one year. He knows a properly rebuilt, quality appliance may require less upkeep than a new appliance that's priced the same but of poorer construction. When buying from a dealer, be sure parts will be readily available if repairs are required in the future.

A dealer often uses two or three appliances to salvage one good one. The demand for used appliances often exceeds the supply so get your name in early and be prepared to wait.

Private individuals

Unless someone in your family is a mechanic, be leery of buying from a private individual. It is a good idea to know the history of the appliance and its age before you take a gamble.

Laundry appliances aren't as likely as ranges and refrigerators to be replaced when a house is remodeled. Except in the case of an estate sale or a move to an apartment, good laundry appliances are usually kept until the owner is convinced they are completely worn ont.

With a used car, you can check mileage and blue book value, but it's not that simple to evaluate used appliance. If it's more tha three years old, it is almost im possible to determine its wort without tearing it apart and in specting worn areas. In suc cases the reputation of the manu facturer is most important. Mak sure the brand name on th washer or dryer is one that i recognized for quality.

Repair parts

Jot down the model and seria numbers of repair parts. If you'r seriously considering buying, yo can write the manufacturer t determine the age of the appli ance and find if parts will b available for its life expectancy Ask where they can be obtaine and if a parts manual is available

CHECKPOINTS

The transmission of some auto matic washers is the most likel part to be worn with age and i expensive to repair. Look fo signs of leakage or excessiv wear. And ask to see the washe in operation so you can listen fo abnormal knocking sounds whic could indicate a bad bearing. Th simpler drive systems will be you best buy.

Condition of motor

That's another important con sideration. There are mechanica testers available to test th strength of a motor. However, a experienced repairman has hi own test. He takes hold of th shaft of the motor. If the moto is weak, he will be able to hol the shaft until the motor begin to overheat. Perhaps even mor important is the amount of pla in the shaft. It should rotate whe turned by hand but should no have excessive play when move from side to side. Listen to th motor when in operation. Th noise level should be a lov steady hum. *If any of these con ditions* seem unusual it coul mean a quick replacement—$3 to $40 for the motor—provide you do the work yourself.

Condition of pump, timer

Check for noise, rattles, leak age, or rusting in the area of th *pump*. Another costly part to re place is the *timer*. Check to see i it advances through the entir cycle and shuts the washer of when it should.

Rusting

Quick visual checks on auto matic washers will indicate th condition of hoses, belts, electri cord, and overall appearance. I there is a great deal of rustin around the base frame, chance are the washer was installed in damp area which also would hav been hard on working parts.

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Why not try a 4-pack of Zee Nice 'n Soft. It's softer...and that's nice.



Hot coffee desserts

Instead of serving after-dinner coffee at your next party, why not surprise your guests with one of these five hot coffee desserts? They're fun to fix and they're sure to give any get-together the friendly flavor of a Viennese coffeehouse.







Photographs: Dieter



ORANGE-SPIKED COFFEE

Orange peel accents the orange-flavored liqueur in the coffee—

1⅓ cups hot coffee
⅓ cup brandy
⅓ cup orange liqueur
Whipped cream
Orange peel

In saucepan, combine coffee, brandy, and liqueur. Heat almost to boiling. Pour into four coffee cups. Top with whipped cream and an orange peel twist. Serve immediately. Makes 4 servings.

HOT COFFEE EGGNOG

A smooth, coffee-flavored eggnog that takes less than five minutes to fix—

2 beaten eggs
1 cup milk
1 cup light cream
¼ cup coffee liqueur
2 tablespoons whiskey
2 teaspoons sugar
1 teaspoon instant coffee powder
Ground coriander

In saucepan, combine eggs, milk, cream, coffee liqueur, whiskey, sugar, and coffee powder. Cook over medium heat, stirring constantly, till mixture just begins to coat a metal spoon. Pour into heat-proof glasses or cups. Sprinkle with ground coriander. Serve immediately. Makes 5 or 6 servings.

FROTHY COFFEE FLIP

Use your Irish coffee glasses for this foamy wine and brandy drink—

⅓ cup tawny port
3 tablespoons brandy
1 tablespoon sugar
¾ teaspoon instant coffee powder
3 eggs
3 tablespoons milk
Freshly ground nutmeg

In small saucepan, combine port and brandy. Add sugar and coffee powder. Heat through over low heat, but do not boil. In small deep bowl, beat eggs with rotary beater till very foamy. Stir in milk. Very slowly, while stirring constantly, pour hot liquid into egg mixture. Return mixture to saucepan; cook and stir over low heat till hot, about 2 minutes. Pour into heat-proof glasses or mugs. Sprinkle with nutmeg. Serve immediately. Makes 6 servings.

COFFEE PLUS

3 tablespoons coffee liqueur
2 tablespoons creme de cacao
1 tablespoon brandy
2 cups hot strong coffee
4 cinnamon sticks
Whipped cream

In small saucepan, combine coffee liqueur, creme de cacao, and brandy. Pour in coffee; heat through, but do not bring to boil. Pour into four coffee cups with cinnamon stick stirrers. Top each serving of coffee with a dollop of whipped cream. Serve at once. Makes 4 servings.



CAFE BRULOT DIABOLIQUE

Use two tablespoons instant coffee crystals per cup for double-strength coffee—

8 sugar cubes
16 whole cloves
2 inches stick cinnamon
Peel of 1 lemon, cut up
1½ cups brandy
4 cups hot double-strength coffee

In chafing dish, place sugar, cloves, cinnamon, lemon peel, and brandy. Stir to dissolve sugar. Warm slightly over low heat and ignite, stirring to blend spices with brandy. Ladle into eight demitasse cups filled with hot strong coffee. Serve at once. Makes 8 servings.

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Box blocks

A store, a fort, a playhouse, or a podium—the building possibilities for this modular play system are limited only by a child's imagination. And when your youngster is older and the boxes no longer hold his interest, you can turn them into a storage unit for books, records, and toys. But perhaps the neatest feature of this system is that the individual pieces can be separated and rearranged in a matter of minutes. The flexibility is remarkable.



It all starts with the three pieces shown in the foreground—a board, a spacer, and a four-sided box. The box's double shelf holds boards securely; the spacer lets junior builders change directions of shelves or stack the boxes either upright or on their sides. This system includes eight boxes, four boards, and four shims—enough for both the structures shown here—but you can tackle more ambitious configurations simply by adding more pieces.



Photographs: Hedrich-Blessing. Designer: Mike McIntyre

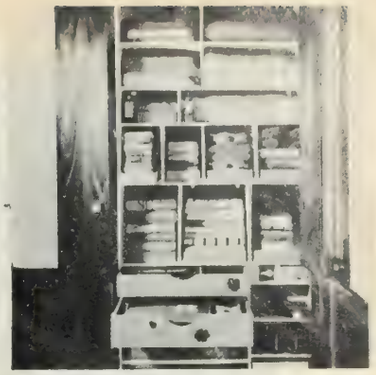
Make the pieces from 1x10-inch lumber ripped to nine inches wide. You can alter the dimensions, but be sure to make the inside measurements of the boxes—top to bottom as well as side to side—the same as the widths of the boards. Assemble with glue and sand thoroughly, taking care to round all edges, then treat with a clear paste wax finish. Or if you prefer, add a coat or two of mar-resistant epoxy paint for color and durability.

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Plan No. 3311-2



BOOKCASE
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Plan No. 3309-3



OUTDOOR WORKSHOP
Build your workshop outdoors and put your recreation room back in the basement. The complete 16′ x 16′ workshop can be built on any terrain.
Plan No. 3907-1



STORAGE WALL
You pick the lumber for this graceful Mediterranean design. Project features adjustable shelves; drawers are saw marked to look like two.
Plan No. 3605-3



TOY CHEST-BENCH
This handy chest keeps toys hidden away so easily. Big enough for lots of toys, small enough to fit anywhere. 39″ long, 18½″ deep, 27½″ high.
Plan No. 3611-2



A-FRAME PLAY UNIT
If there's not a playground nearby, build this one. A swing, a basketball net, and a playdeck—all in one. Guaranteed to thrill your child.
Plan No. 3808-2



GARDEN STORAGE HOUSE
Enjoy the convenience of a spacious storage shed with this elegant design. Will fit in any backyard—just under 4′ deep, but nearly 12′ long!
Plan No. 3503-1



BUNK BED STORAGE
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Tabletop fiestas

Photographs: Hopkins



There's something about the carefree spirit of Mexico that translates well to the party scene, especially if you're serving your special chili or a hearty south-of-the-border casserole. Our settings suit a kids' party, lunch, or formal dinner.

Pinata party for the kids. Showcase those bowls of chili with a table setting made with store-bought pinatas (or you can make your own if you're handy). Adorn the donkey pinatas' necks with diagonal bands of braid and fringe. For saddle-packs, pin a piece of braid over each donkey's back and attach a flower-filled tiny straw hat on each side. For favors, pack plastic tumblers with water-soaked shredded foam and insert a few short-stemmed posies. After the chili feast, hang the pinatas and let the kids bat them with broomsticks till the candy and prizes you've hidden inside pour out.



Cactus centerpiece for a luncheon. To simulate a desert, spread an inch or two of sand on a platter or tray. Arrange the cacti in their pots and intersperse with small rocks. Dot straw figures of animals in the desert landscape. If the party is for youngsters, you can hang small favors from the bare branch which forms the focal point of the arrangement. Bright Mexican-looking cloth is made from a remnant. To carry out the theme, stitch wide bands of like fabric on each napkin.



Sparkling centerpiece. These fighting cocks and flowers resemble the expensive originals designed by native craftsmen, but ours are made with tooling aluminum. To make the cocks, pin one half-inch and one two-inch plastic foam ball together. Cover both with the aluminum. Cut feathery shapes for the tail, curlicues for the body, and separate pieces for head and beak. For legs, cover skewers with foil and attach claw feet. Assemble and glue all pieces in place. Flowers are made with narrow strips of tooling aluminum scalloped, fringed, and pinched in place over a double wire stem.

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ico—
s and don'ts

ing Lent); May 5 *(Cinco o*, celebrating victory over nch at Puebla); *Corpus* (usually a Thursday in late September 15-16 (cele- independence from November 1-2 (Day of ead); December 16-24 mas *posadas*); and Christ- y. Other dates for nation- orations: January 6, 17; ry 5, 24; March 21; May ber 12; November 20; De- 12.

e are also many big local consult a guidebook or in- t one of the government offices.

ASON

lly, December through

CARDS

ajor ones are accepted by f the better hotels and ants but none are accepted stations.

T OFFICES

the Mexican tourist of- entioned in the text, the nent maintains tourist of- Arizona (3443 North Cen- venue, Phoenix 85012); nia (3106 Wilshire, Los 90005; 245 Westgate Mall, San Diego 92101; ter, San Francisco 94108); gton, D.C. (914 17th Northwest); Florida (100 e Tower Building, Miami Illinois (625 North Mich- venue, Chicago 60011); na (One Shell Square g, New Orleans 70130); ork (630 Fifth Avenue, York 10020); Colorado Vest Hampden, Denver and Texas (1800 Main Dallas 75201; 805 Walk- nue, Houston 77002; 420 St. Mary's Street, San An- 8205).

e are Canadian offices at : Ville-Marie Promenade tréal, and at 85 Richmond Vest in Toronto.

dition to the government department organization, also the Mexican Nation- ist Council. It, too, is a urce for information and erature. In the East, write dre Ambron, Director, n National Tourist Coun- Fifth Avenue, New York, ork 10022. In the West, nuel Muñoz Aviña, Direc- 9445 Wilshire Boulevard, Hills, California 90212. Midwest, write to Vince s, Director, Mexican Na- Tourist Council, Hancock Suite 3015, Chicago, 60611. ■

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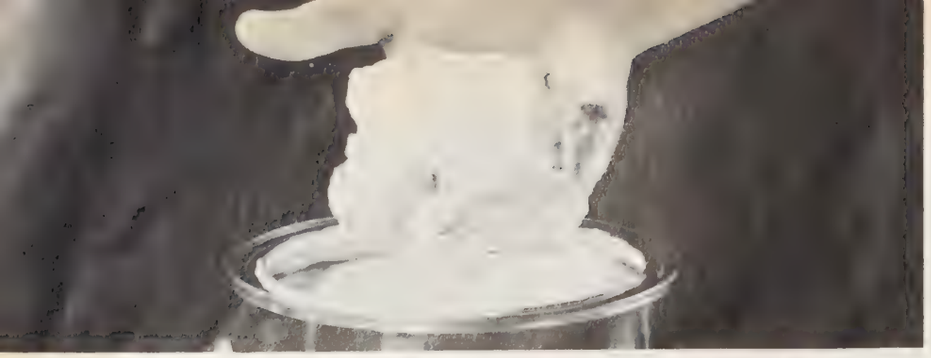


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There is no other formula like Preparation H. In ointment or suppository form.

begins on page 60

Creche

Before starting your Better Homes and Gardens crèche kit, read directions thoroughly. Check contents and lay out each piece so you'll be sure just how it's to be used. Each kit contains: eight molds for stable, ten molds for figurines, seven cake colors (yellow, red, blue, flesh, green, brown, two yellow-browns), one-half ounce antique, one-half ounce gold, one piece wire, one brush, one package glue, one instruction sheet, 2¼ pounds of plaster mixing compound, two paper measuring cups.

Handiwork on the figurines (except for antiquing or painting) is at a minimum. The only exception is removing the flashing—the bits of plaster that seep out between the line of your casting.



Picture above shows how the extra plaster is removed from the edges with an artist's knife or a kitchen paring knife. Wise Man



above is being antiqued. It's important to antique entire surface of the figurine, then rub away the excess with a damp, soft clo Make one figurine at a time; you let the antiquing compou dry, it will not come off.

You'll find your kit rema ably complete. There's even ex plaster compound for patchi and mending figurines. If t molds are treated with care, th can be used to turn out mang scenes over the years. Natural you'll have to buy additional n terials at the hobby or craft st —paint, contact cement, plast and antiquing compounds. N ther *Better Homes and Garde* nor the kit manufacturers can s parts of the kits.

Shepherds aren't included our kit but with a little ingenui you can adapt one of the W Man figurines to look like a sh herd. Just cut two shallow notch —one near the figurine's ri



wrist and one at the base of robe with a sharp knife. Be s the knife is sharp and wait till poured plaster is dry. Bend a c hanger to make the staff and white glue to attach it to the ure. Paint shepherd in differ colors to accentuate the differ character.

Of course, displaying the wh crèche is the purpose of this lo ly kit. But if you want to cast tra figures, you can glue a W Man and a camel on a canc stick base with a pillar canc frame an angel in a tiny shado box, or place Mary, Joseph, a the Babe in an open antiqu frame. They'll make delight presents or extra decorations the house. ■

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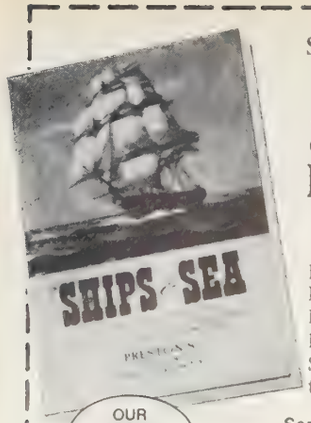
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Illustrated above, Perfect Sleeper Signature queen size set. All models available in twin, full, queen and king sizes. Prices shown are suggested retail prices.



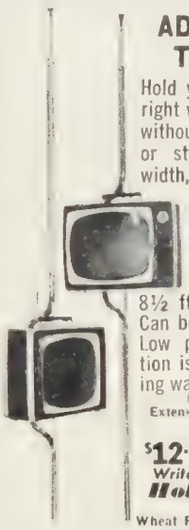
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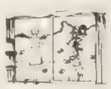


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by Ann Lively



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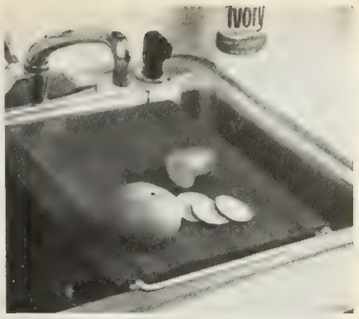
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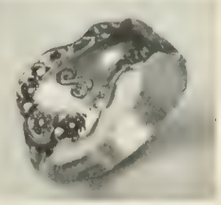
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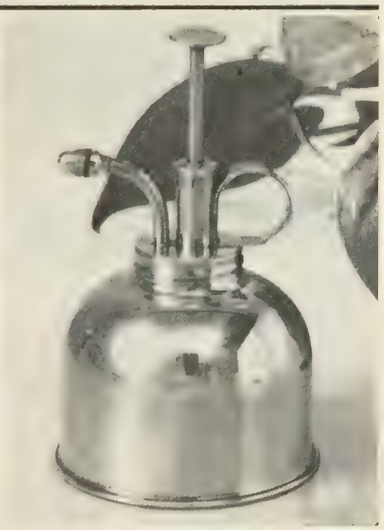
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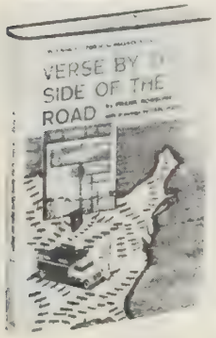
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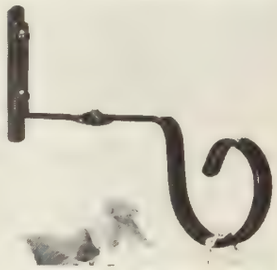


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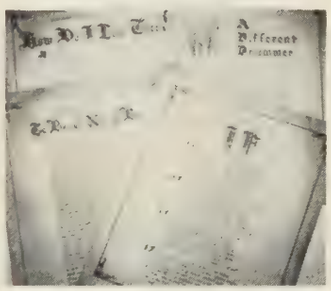
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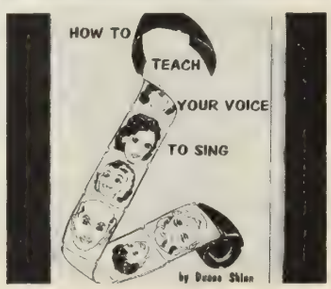
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Four prints on sepia and gold a ready to frame. "If" by Rudyard Kip ling, "Different Drummer" by Henr Thoreau, "How Do I Love Thee" b Elizabeth Browning & "To Be Or N To Be" by Shakespeare. Frame c decoupage. Set 4/$1 + 35¢ pos Cadlyn's, BH10, 2077 N.Y. Ave Huntington Sta. NY 11746.



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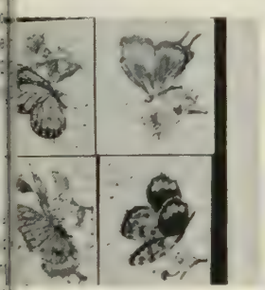
alized bartender

ith a personal caricature is lease the one in charge of Name hand-lettered on 0" x 15". Send photo, state yes & hair (returned). Print ame. $15 ppd. Bruce Bo-. BH-10, Boulder, CO 80302.



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en of natural willow, has & partitions for organizing tc. 11½" W., 11" H., 6½" 6.95 + $1 post. Painted wht. add $2. Catalog 25¢. sket House, Dept. BHG10, , Succasunna, NJ 07876.



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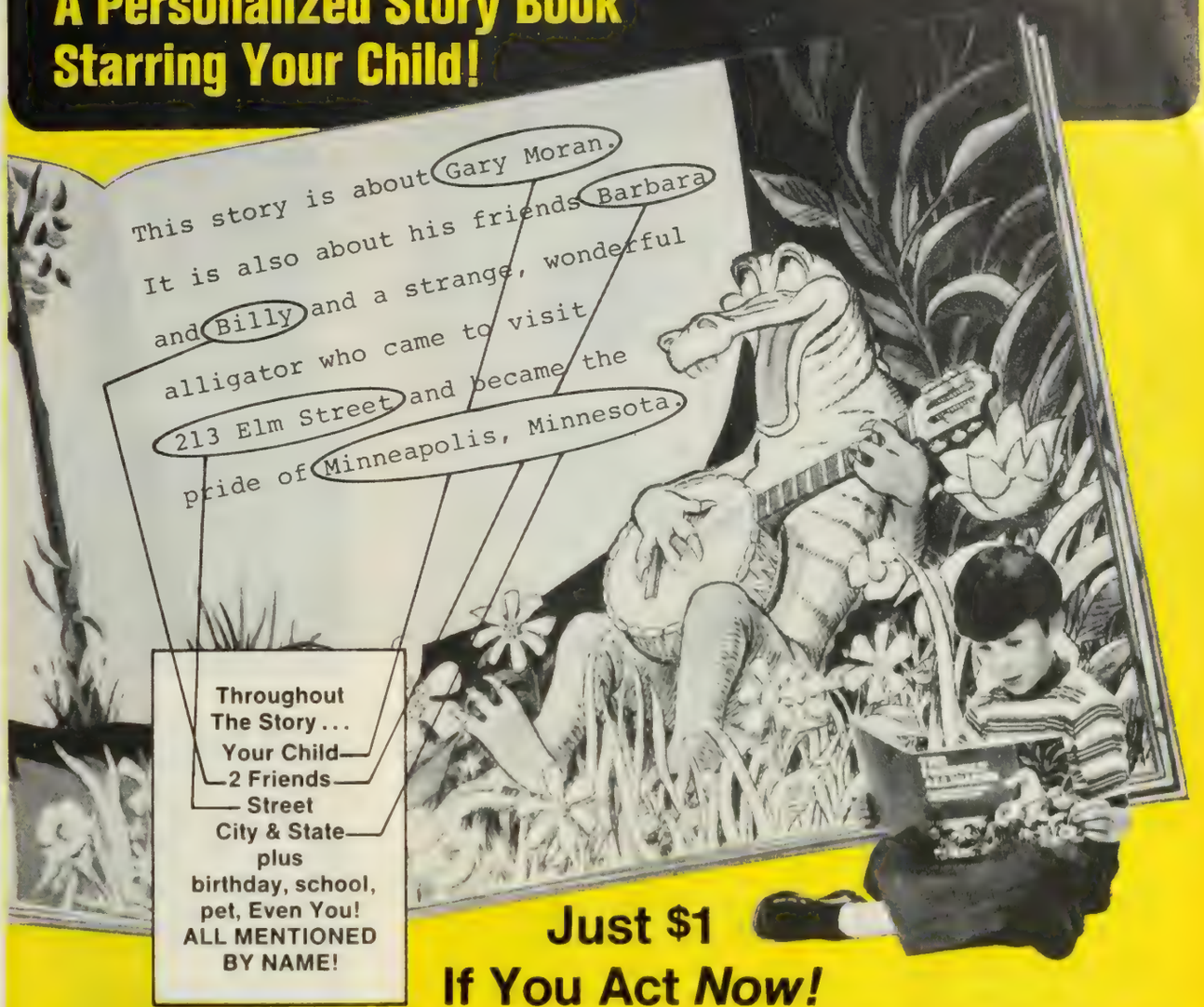
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Last Name _____

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City

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Child's Birth Date: __/__/__

_____ Boy ☐ Girl ☐ _____ Boy ☐ Girl ☐

List 2 friends or relatives

School Name (if available) _____

Pet's Name _____

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Child's first name or "Nickname" _____ Boy ☐ Girl ☐

Last Name _____

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Child's Address

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_____ _____ _____

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Child's Birth Date: __/__/__

_____ Boy ☐ Girl ☐ _____ Boy ☐ Girl ☐

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American Consumer Dept. YD-30
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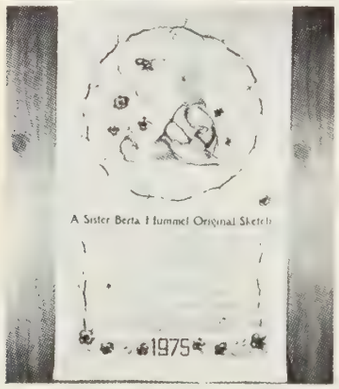
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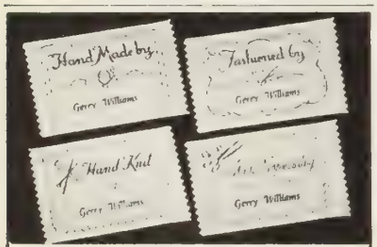


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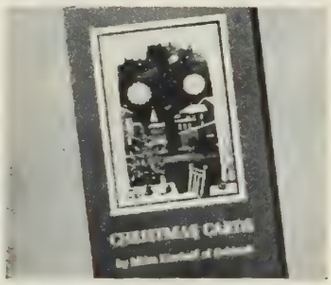
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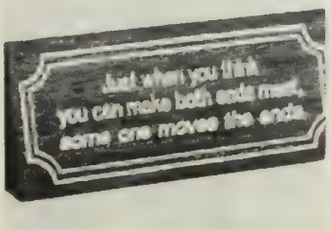
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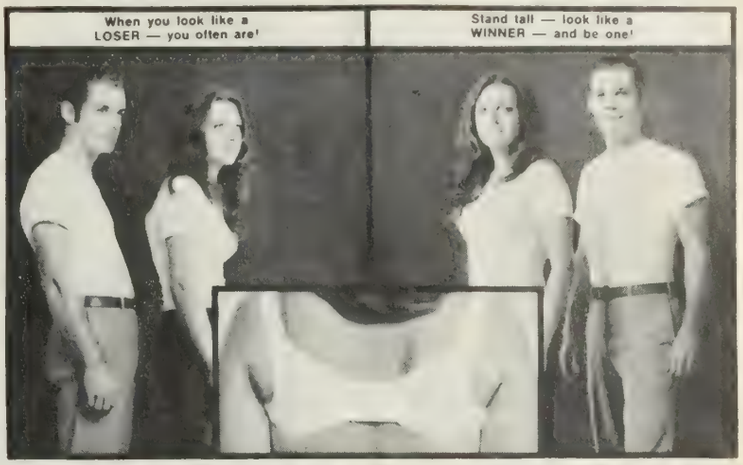
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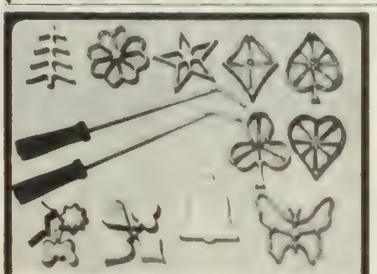
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___4 pc. place setting	110.00	**82.50**	120.00	**90.00**	130.00	**97.50**	140.00	**105.00**
___Teaspoon	23.75	**17.82**	26.75	**20.07**	28.00	**21.00**	30.25	**22.69**
___Place fork	38.00	**28.50**	40.75	**30.57**	46.25	**34.69**	50.50	**37.88**
___Place knife	19.75	**14.82**	21.00	**15.75**	21.25	**15.94**	21.50	**16.13**
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___Place spoon	32.00	**24.00**	35.00	**26.25**	37.00	**27.75**	43.75	**32.82**
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___Tablespoon, reg.	49.75	**37.32**	60.00	**45.00**	65.00	**48.75**	80.00	**60.00**
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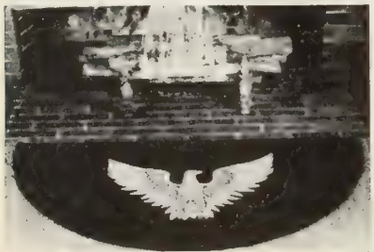
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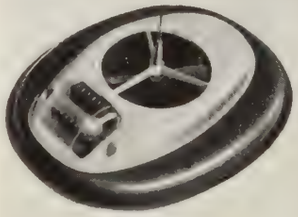
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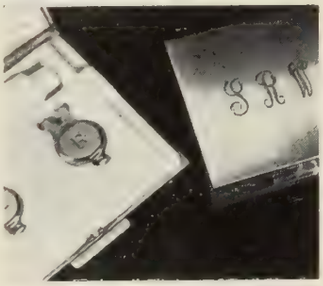
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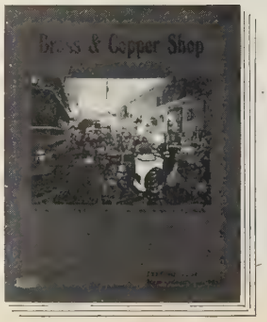
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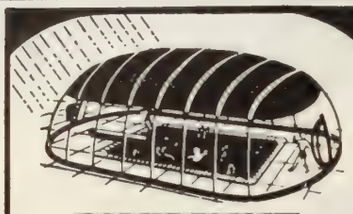
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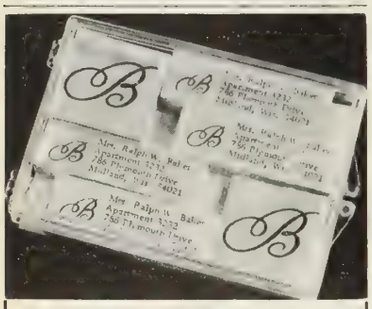
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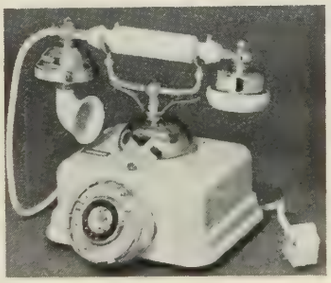
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duced from the original litho- s by Currier & Ives. Four prints ons of Joy, Love, Strength, each 9" x 12" and suitable for g; enhance the decor of your . Set/$1 + 25¢ post. 3 sets/$2 ¢ post. American Consumer, SJ-10, Caroline Rd., Philadel- PA 19176.



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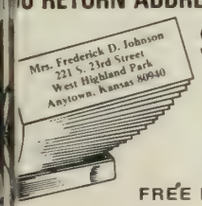
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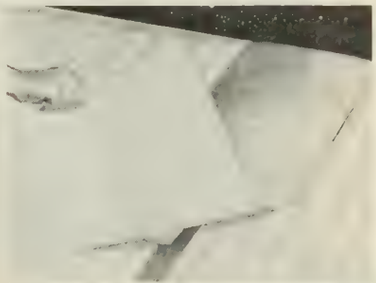
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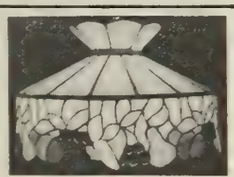


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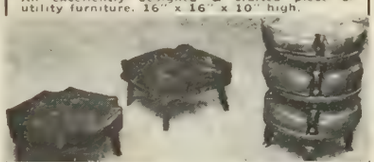
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100 Cards and envs.	B&W	5.00	7.25	1.20
	COLOR	14.95	17.95	
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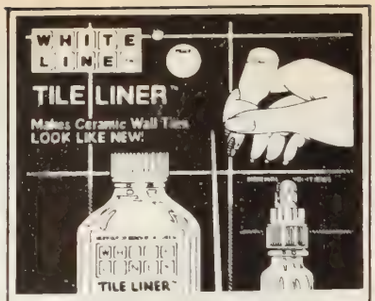


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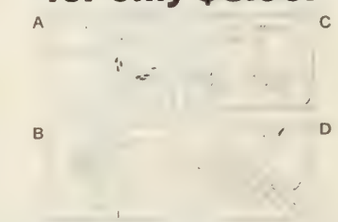


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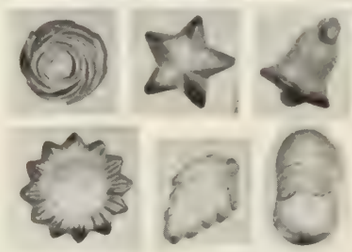
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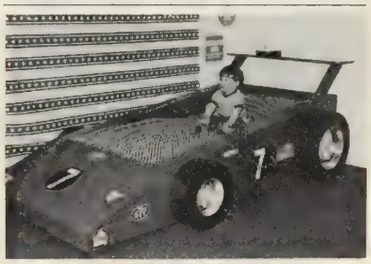
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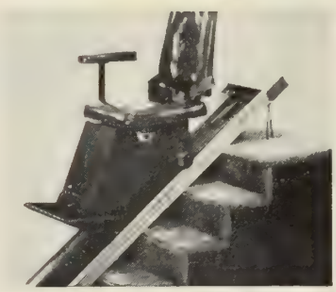
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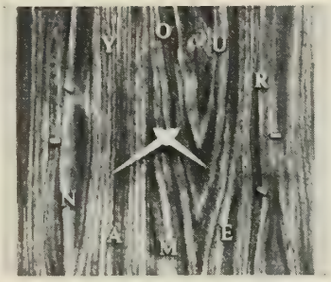
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those who have never sewed ore, design quickly becomes an active pillow. Kit: design on nat- l Belgian linen, heavy embroid- yarn in greens, yellow, red & te; green cording, zipper & instr. ow 12" x 12" $3.95 + 35¢ post. Stitchery, BHG10, Wellesley s, MA 02181.



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continued

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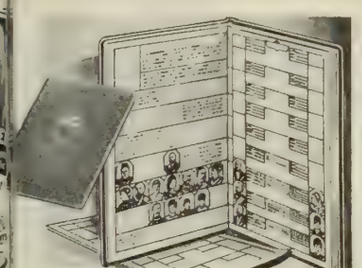
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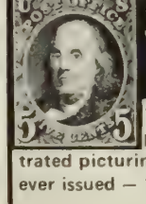
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Embroider This Calendar and Use It Forever Beautiful and useful! Each flower of the month is a different stitch. Months and dates, attached with a special nylon tape, are moved and re-attached in seconds keeping calendar up-to-date forever. Kit includes design printed on linen, nylon tape for months and days, thread and easy instructions. Fits our 18″x24″ solid walnut frame.



Mushrooms and Apple Delight Two, sensational new pillows you'll love! Perfect for your home or as gifts to loved ones! Each kit comes complete with design printed on linen, pillow back, all yarns, nylon piping, zipper, needle and simple instructions. You supply 16″ pillow form of your choice.

Quantity Please send me the following:

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___	No. 00506 Apple Delight $6.99	
___	No. 00062 Perpetual Calendar $10.98,	2/$20.96
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___	No. 00064 Calendar and Frame $17.49,	2/$32.98

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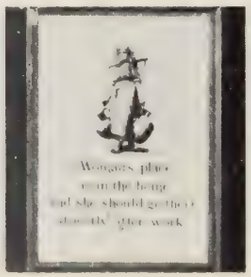
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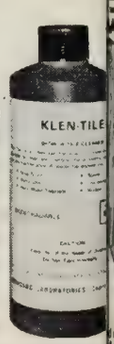


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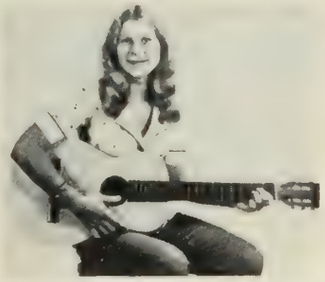
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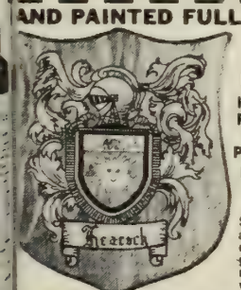
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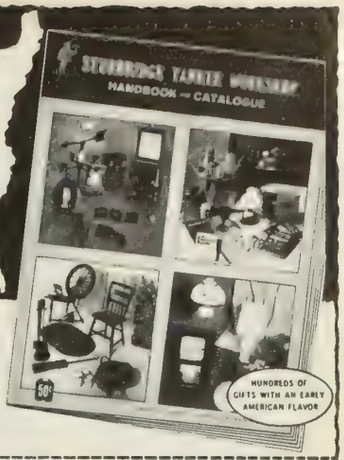
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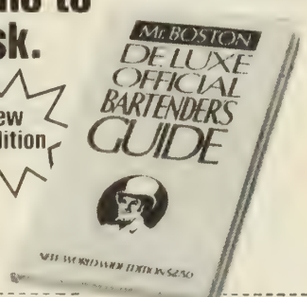
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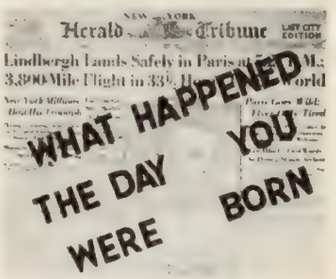
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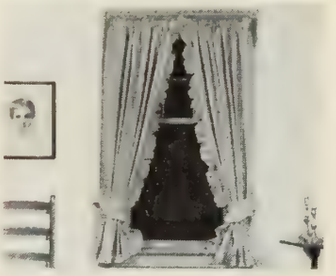
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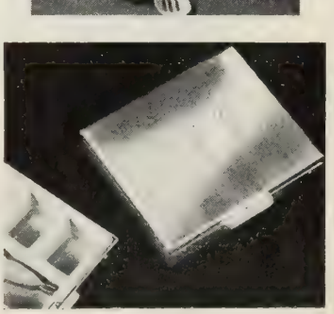
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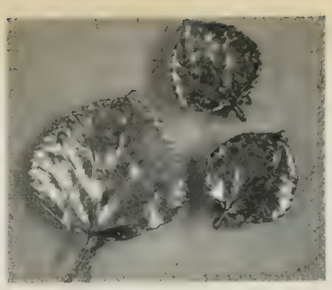
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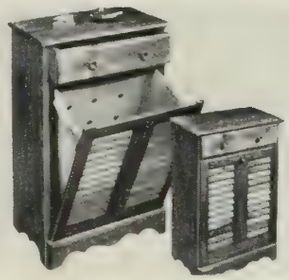
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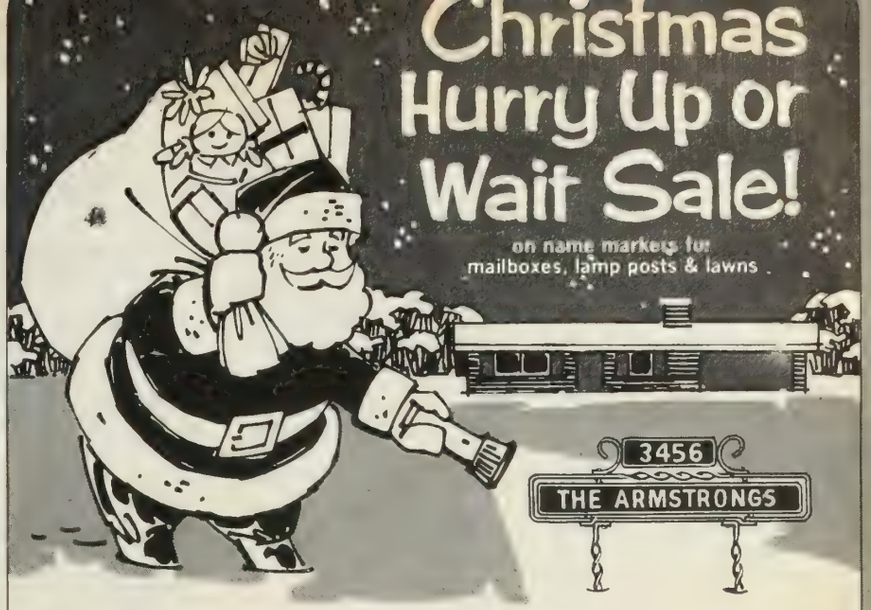
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SALE SALE SALE SALE

The man next door

Nate Wozniak wants to know if three kids wrestling in the back seat qualify his family sedan as a recreational vehicle.

When we were young we liked to think of that wonderful land of fairy tales where all the magic worked as promised and people lived happily ever after, even though we didn't quite believe in it. I suppose our children feel the same way about the world of TV commercials.

The caveman fought daily to protect his lair from intruders. For many a man today it's a continuing tooth-and-claw battle to protect his den from being turned into a sewing room.

The Thurwoods down the block are willing to trade all the photographs they took on their vacation for one clear snapshot of the burglars who took their silverware while they were away.

Most of Burt, Jr.'s athletic heroes have moustaches and he lives in apprehension that they may go out of style before he's old enough to grow one.

Modern nutrition may not be perfect, but Uncle Dodd Buckner is convinced it's better than ever before. Why, he remembers when he was the hard-plunging fullback on his high school's championship football team and weighed in at 128 pounds.

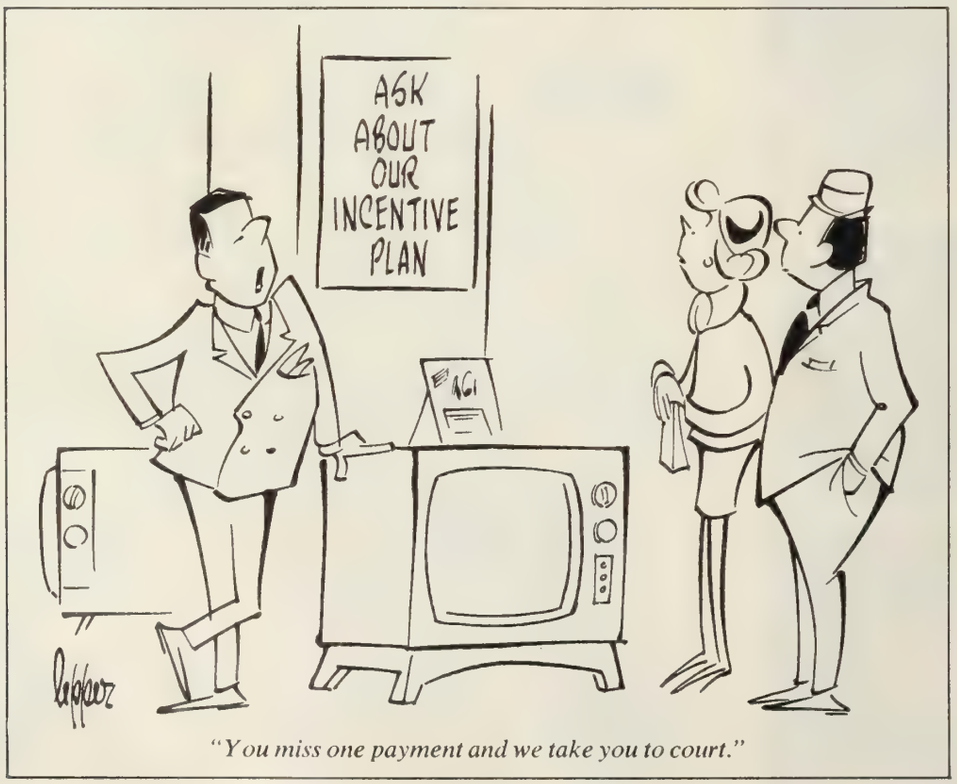


"It's your retirement anniversary, silly. Today marks a year you've been underfoot."

Our town, like most others, has a radio station with a helicopter to tell us when we are caught in a traffic jam, in case we hadn't noticed.

With the children grown, Martin Daley thought he would never again have to go through the agony of teaching somebody to ride a bicycle. Then his wife bought him a ten-speed model.

After a hard day's battle with the wonderful new computerized equipment at his little factory, Joe Spinello says that if progress makes even one more small step forward the place won't run at all.



"You miss one payment and we take you to court."

Congressman Nick Hanfli says he has yet to encounter a national problem that was solved by a catchy slogan.

At a party the other night, Chris wore a big, floppy hat so nobody would notice her hair was "a mess." Then when people complimented her on the hat she said, "I wore it because my hair is a mess."

My dear wife Christine divides the birthday cards she gets into two categories, the thoughtful and the rubbing-it-in.

Judy, our youngest, thoroughly approves of her new teacher, who likes the same rock groups she adores.

After 45 years of grubbing out a living on a small farm, Homer and Cassie Henderson finally found a profitable path.

Homer, a cousin of mine, never worked very hard—never really cared for farming, making money, or having things. He spent most of his time walking in the woods—and whittling. Man, he loved to whittle and carve figures. Beast, bug, bird . . . he'd carve anything, and he gave many of them away.

Industrious kinfolk in the little town nearby would say Homer was about the most worthless and oddest thing around—and when Homer heard them he would just smile and agree. Cassie would smile with him.

But then, a few months ago, a tourist saw a carving that Homer had given a friend who runs the only eating place in town. The tourist turned out to be the owner of a big art and gift shop 400 miles away, and he just had to meet Homer.

He bought every carving in the Henderson farmhouse and the barn—a lifetime of carvings—and he contracted for more, promising to sell them on commission.

He noticed a couple of quilts Cassie had made—and suddenly, according to Homer, the visitor is talking about "folk art" and how the really original stuff is very hard to find. He told Cassie he could sell every quilt she could make.

Now the quilts and carvings are selling in the city at big prices, a fact that pleases the Hendersons almost as much as the write-up about them in the local weekly paper.

But Homer, aged 64, told me on a visit with us that he had one regret. "If that fellow had come along about 50 years ago," he said, "I could have saved myself a lot of plowing."

Burton Hillis

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Get more life out of your living space!

The Armstrong Interior Designers share their space-making ideas with you.

Get more life out of a room for two boys... add a study area with some do-it-yourself homework.

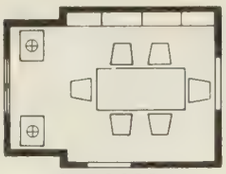
In this room, the Armstrong Interior Designers partition the study from the sleeping area with sliding doors on an easy-to-install ceiling track. Utilizing space is the name of the game. To emphasize the two-room feeling even more, contrasting floor coverings were used. Sleeping area: Armstrong Place 'n Press® tile in white Bradford Brick. For the study: The Representative carpet tile in Orient Blue. Two interesting, rugged textures; two clean, contrasting colors; and both are do-it-yourself easy with the adhesive already on the back. The handsome, practical furniture is from our Thomasville Pine Manor collection. Captains' chairs reflect the nautical look, and the bookcase-desk units help keep everything shipshape. To complete the shipboard look, an Armstrong ceiling was used in the Wood Grain pattern. Its trim, rugged look is perfect here; and you can install it yourself.



from the Indoor World® of Armstrong.

Get more life out of your deadbeat dining room... make it into a dual-use dining room-den without hammering a single nail.

Most dining rooms stand idle most of the time—a waste of precious living space. Here the Armstrong Designers make one room do the work of two, in the easiest possible way, with versatile furniture from our Founders line. You simply rearrange to suit the occasion. Founders' Keepers® Two wall units provide plenty of flexible storage space. One unit contains a foldaway desk that does a disappearing act at dinner.



DINING ROOM



DEN

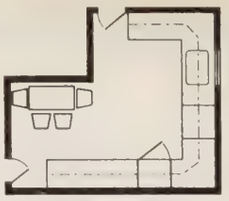
The gleaming polished aluminum table and chairs are beautiful for dining, and function equally well for study purposes. These and Oakwynne carpet by Armstrong in Crystal Blue mix warm tradition with elegant contemporary, and it all adds up to excitement in living . . . both ways.

MORE ARMSTRONG IDEAS

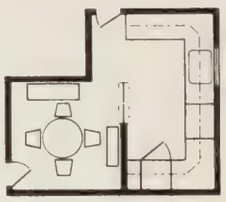


Get more life out of your informal kitchen... tuck a formal dining room in the corner.

Even if it's just hamburgers, dinner seems extra special if it's served in a special place. So, if you don't have a separate dining room, create one by dressing up a kitchen corner. The Armstrong Interior Designers started by installing a new and different kind of ceiling in the dining area to create a more intimate, formal setting. They've used one of our new Chandelier® Ceilings, called Provinciale. It's an elegant, richly textured ceiling, made to dine under, to entertain under. To separate the mini-dining room from the kitchen, the Designers have removed old cabinets and added a simple divider wall with an unusual Plexiglas pass-through. For cool elegance, creamy whites against the rich fruitwood of our Thomasville Chateau Provence furniture. An Armstrong Biscay dimensional shag carpet in snowy Siberian Breeze white is the perfect foil for the antique chandelier, striking red-framed mirror, and caned chairs. The result—a cozy, elegant dining room.



BEFORE



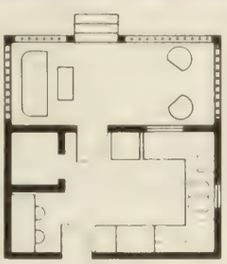
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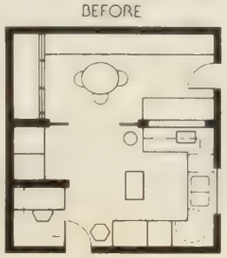


Get more life from your out-of-season porch... turn it into an all-season greenhouse.

Decorate with living color! Greenery is a terrific way to add outdoor dimension to your indoor world. So take a cue from the Armstrong Interior Designers, and transform your unused porch into an arboretum! The emphasis is on sunshine . . . so what better way to start than with Solarian®, the sunny floor that shines without waxing and keeps its shine far longer than any ordinary vinyl floor. The lighthearted look of the dining table and chairs from our Thomasville Allegro II collection is repeated by adding bamboo trim to stock kitchen cabinets. Brightly colored wallpaper picks up the garden-greenhouse theme, and a lacy wooden trellis is an airy partition between kitchen and greenhouse. Take all the ingredients that we've whipped up, and watch your back porch blossom into a sunshine-garden dining room! For more ideas, write Armstrong, 7411 Elm St., Lancaster, Pa. 17604. We'll send our Indoor World literature . . . free!



BEFORE



AFTER

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Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — NOVEMBER, 1974; VOL. 52, NO. 11

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Ten common misconceptions about your eyesight

As long as they are in good working order, your eyes don't demand much of you—just a reasonable amount of daily rest and proper nutrition. They're tough, well designed for their purpose, and endlessly useful. And they'll work as hard for you as you could ask—as hard, anyway, as they can.

But it's a different story if your eyes' efficiency is impaired by imperfections or abuse. Then prompt care and attention are essential.

Unfortunately, such care and attention are often late in coming, either due to lack of understanding about how the eyes operate—or because of misguided notions about their purpose and function.

The information that follows sets the record straight on these misconceptions one by one, to help clear away the remarkably persistent misinformation we all have about our eyesight.

1. You have perfect vision if it's declared "20/20"

The fact that you may have 20/20 vision is *not* a pronouncement of perfection (a condition which, incidentally, is virtually unattainable when it comes to eyesight). What the term relates to is your distance vision and nothing more.

If you have 20/20 vision, it means that you can see at 20 feet what a person with "normal" vision sees at the same distance. If you could see at 20 feet what the average person can see at 40, 60, or 80 feet, your visual acuity would be expressed as 20/40, 20/60, 20/80. The measurement, however, has no bearing on other visual abilities that are equally important to good eyesight.

One example is depth perception. If you've ever been faced with a decision about whether or not you have room enough to maneuver your car through a given space, you already know what it is—the ability to judge distance between objects. A wide field of vision (that is, the ability to see over a large area without turning your head, and not just what is directly in front of you) is also important. So is good coordination between both of your eyes, and an ability (called accommodation) to quickly and easily change the focus of your eyes from a distant object to one that is nearby, and vice versa.

2. If you don't wear glasses when you need them, your eyesight will get worse

Eyesight can, and often does, get progressively worse over the years, but not from failure to wear corrective lenses. Not wearing glasses when you need them generally has no more effect on the physical structure of the eye than does wearing them. There are, however, bound to be certain other repercussions, especially if you use your eyes a great deal for close work.

The most obvious one is, of course, "eyestrain," when your eyes may burn, itch, or ache. They may become reddened, and your eyelids may feel puffy or grainy on the inside. Repeated headaches, eye fatigue and overall fatigue, difficulty in concentrating, nervousness, tension, and even nausea may all result from asking your eyes to do harder and more exacting work than they're built for. What you're actually doing when you need glasses and don't wear them is forcing your eyes to try and make up the deficit. They will do so on demand, but not, as a rule, without protest.

3. Glasses can "cure" poor eyesight

Corrective lenses can compensate for many faults of vision, but can't "cure" any of them. Take, for example, "refractive" errors like nearsightedness, farsightedness, and astigmatism. In nearsightedness, the problem is that the incoming rays of light fall short of the *retina;* in farsightedness behind the retina; and in astigmatism, they fall on the retina unevenly. With the proper optical glass—concave, convex, or cylindrical—placed in front of the eye, the light rays can be adjusted so that they come into focus clearly, and in the right place.

Corrective lenses, in other words, have no effect on the eye structure, but only on the images it carries. Consequently, no changes in the physical structure of the eye result from wearing glasses.

4. Some people never need glasses

Ultimately, almost everyone does. The need for glasses usually goes along with the normal process of aging. Presbyopia, caused by declining elasticity of the eyes' crystalline lens, begins to develop in most people at about the age of 40, and practically no one passes age 50 without some evidence of it. In fact, you can pretty much guess how much past age 40 a person is by how far away he holds his newspaper.

Interestingly, the one who may fare best when presbyopia sets in is the nearsighted person. Because his nearsightedness tends to balance out the presbyopia, he often requires "reading" glasses later on in life. Though he may still require glasses for distance seeing, there could even come a time—depending on how nearsighted he was to begin with—when he can read at a normal distance (about 14 to 16 inches) without corrective lenses of any kind.

5. Improper lighting can "ruin your eyes"

Reading or doing close work under poor lighting conditions can, aside from limiting your vision, lead to eyestrain and aching back and neck muscles but does not cause any organic damage to your eyes.

Here are some general suggestions for lighting conditions most favorable to comfort and good vision.

- Be sure you have enough light. You shouldn't have to hunch forward or squint to see.
- Avoid glare. Don't, for example, keep the room dark except for the concentrated light you need to see by. It's better if the entire room is lighted, and the extra light you require is no more than two or three times as bright as the general illumination. Typically, 75- or 100-watt shaded or coated bulbs are easiest on the eyes.
- Arrange your sources of light so that they do not cast shadows on what you're doing. That means that the light should

continued

Who's who in eye care?

An *optician* grinds lenses according to prescription, and fits glasses and frames to the wearer. An *optometrist* examines eyes for vision problems, prescribes appropriate corrective measures (such as glasses and other vision aids), and is in a good position to spot symptoms of eye disease. An *ophthalmologist* (sometimes called an *oculist)* is a physician whose specialty is eye care. He diagnoses and treats all defects, disorders, and diseases of the eye, prescribes whatever may be required, including glasses, and performs eye surgery as well.

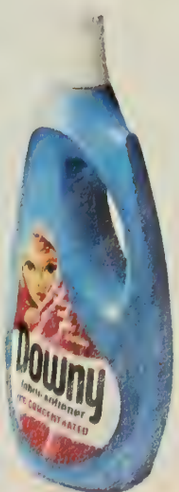


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Now that cold weather's with us, so is static cling. Socks are hiding. Pants are twisting. Clothes are clinging like crazy.

But Downy helps stop static cling before it even starts. At the very same time Downy rinses in softness and April Freshness, it helps rinse *out* static cling.

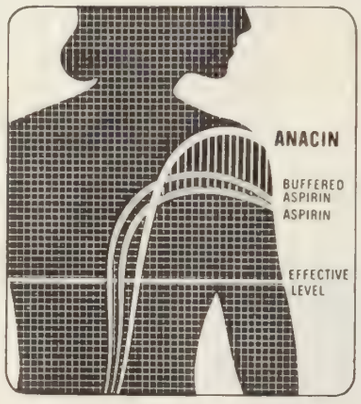
Which is really a sensible way to keep clothes from clinging to each other. And clinging to your family.



And you thought Downy was only a fabric softener.

Arthritis sufferers get a higher level of pain reliever. Enjoy effective relief from both minor pain and inflammation.

Compared with plain or even buffered aspirin, tablet for tablet, Anacin builds higher levels of pain reliever in your bloodstream in the first few hours. And then, taken as directed, Anacin maintains a level of medication which not only relieves pain but also helps reduce inflammation that causes pain and stiffness. This reduction of inflammation is important to arthritics.



Anacin contains more of this anti-inflammatory medication doctors recommend most than the leading aspirin or buffered aspirin tablet. In minutes, Anacin speeds its relief for inflammation, pain and stiffness throughout your body to give you effective relief, long-lasting relief.

Remember, get Anacin and get effective relief. You will find Anacin is gentle to the stomach and you will enjoy more freedom of movement without pain.

continued

Your eyesight

come from behind you, not toward you, when you do close work; and it should, as the old custom decreed, come over your left shoulder if you're right-handed, and over your right shoulder if you're left-handed.

6. A "color-blind" person can only see objects as black and white

Not true. Total color blindness, a condition in which a person sees only in black and white, is exceedingly rare; trouble in recognizing red and green, however, is not uncommon.

Color blindness (called color deficiency by doctors), is a hereditary trait that is linked to the X and Y chromosomes that determine sex. (The only rare exceptions are when color blindness is caused by drugs or disease.) It affects eight times as many men as women. Men who are color deficient hand the trait down to their daughters, who may not be affected themselves, but carry the defect as a recessive trait and pass it on to their male offspring. A color-deficient woman will have a color-deficient father, and a mother who is either color-deficient or a carrier. The precise degree of color deficiency is always an individual matter.

7. Looking at the sun will destroy your eyesight

Actually, you probably couldn't endure staring at the sun long enough for it to damage your eyes. Your eyes wouldn't let you; they'd shut tighter than a clam. Yet the sun's ultraviolet and infrared rays are potentially damaging to the eyes—specifically to the lens and the retina. Wearing sunglasses as protection against the sun's rays, therefore, makes good sense. And, as a general rule, it's best to avoid looking directly at the sun.

For the best protection, sunglasses should be optically ground, free of scratches and other imperfections, and dark enough to noticeably cut down on the sun's visible brightness, as well as absorb some of its rays. It's also a good idea to keep your eyes closed and wear pads of cotton over your eyelids when you're lying out in the sunlight in pursuit of a tan. And don't think it's safe to keep looking directly into the sun if you're wearing sunglasses. The sun's rays are strong enough to penetrate even the best of lenses.

8. It's an advantage for a person to be farsighted

It would seem so, since a farsighted person can see clearly for a greater distance than the average person can. Unfortunately, the advantage is offset by the fact that the farsighted person usually has problems seeing at close range, where his vision becomes inadequate, uncomfortable, or distorted. The nearsighted person, of course, has the opposite problem—he can see objects close at hand, but gets blurred images of objects in the distance.

9. Glasses are better than contact lenses for your eyes

To help compensate for refractive errors, glasses and contacts serve equally well, but each visual aid has its advantages.

Contacts, for example, do not steam or fog up; they increase side vision; and, they don't detract from your appearance, an important consideration for those who think glasses are unbecoming to them.

Glasses, on the other hand, require less care, cost less, and are less likely to be lost. In addition, they don't require a "breaking in" period the way contact lenses do. Contacts take some getting used to, and not everyone has the patience and motivation necessary to adjust to them.

10. A "blind spot" is a distinct handicap

Not at all. Everyone has a blind spot; it is inherent in the structure of the eye.

All that a blind spot means, really, is that there is one small area within the field of vision of each eye that shows no image. And that is because an opening in the retina is taken up with the optic nerve, which conducts visual images to the brain but, unlike the retina, cannot form them. The resultant blind spot is no detriment to eyesight, simply because an object temporarily "lost" on one eye's blind spot can usually be seen with the other eye. Also, the almost constant movement of the eyes tend to keep objects from being obscured long enough to become a hindrance. ■

(Written in cooperation with Lilian Rothman, a noted medical writer.)

If Gorham Sterling is your silent desire, break your silence one week before your birthday or anniversary.

Silent desires are unfilled desires, unless you are married to a man who can read your mind.

So, tell him. Tell him what you would really love for your birthday or anniversary is Gorham Sterling. If his comment is, "Gorham Sterling???", don't try to explain why you want sterling because a man will never understand that. Tell him why you want Gorham and do it before he can catch his breath.

Tell him Gorham Sterling is more than just a pretty pattern. It is a Total Design. (He may like that.) Tell him that means a perfect balance between ornamentation, shape and function; and between the timely and timeless, so it will be fashion forever. (He'll like that for sure.)

Then tell him you've already seen the design you love at your favorite department or jewelry store. Tell him its beauty is unmistakably Gorham. Maybe he won't appreciate that, but we bet you'll get your Gorham Sterling, anyhow.



unmistakably Gorham

ORIGINALS IN STERLING, CHINA, CRYSTAL



MNP TEXIZE CHEMICALS COMPANY
DIVISION OF MORTON-NORWICH PRODUCTS, INC

New car options that help you stretch mileage

Since gasoline became premium priced, more than a score of add-on devices "guaranteed" to improve fuel economy have appeared. With few exceptions, most do no more to stretch mileage than would a good tune-up. There are, however, some factory options and modifications that will help cut the operating expenses of a 1975 car. While none can be considered "miracle" breakthroughs in automotive technology, each contributes to gasoline savings—by helping you change your driving habits, for instance, or by actually reducing gas consumption.

Radial tires are such an important automotive advance that they have become standard equipment on General Motors and Ford Motor Company new cars. If radials are still optional on the car you select, order them. In addition to offering superior handling characteristics, longer tread life, and increased resistance to road hazards, radials can up your gasoline mileage by as much as ten percent due to their minimum rolling resistance. And all new cars have stiffer suspension systems that are designed to complement radial tire characteristics, even though radials may still be optional on a particular model. As an option, a set of radials will cost you from $150 to $200, but they're well worth the price.

Speed control, a device that lets you maintain an efficient driving speed without constant accelerator pressure, is now more practical an option than when it was first introduced in the late 1960s purely as a convenience item. The device cuts gas consumption by regulating the engine speed you select more precisely than you would be able to. And it compensates for uphill and downhill situations where greater or less engine speed is needed.

No matter which model car you select, the speed control system will operate in about the same way. First, you switch the system to "on" by manipulating the knob on the end of the turn signal handle, then you accelerate to your chosen speed (for example, 55 mph in highway travel). After that, you remove your foot from the accelerator pedal and the engine maintains a steady rpm. Want to increase your speed? Tap the end of the control arm with your finger—each tap increases the speed three miles per hour. Heavy braking disengages the system, except the one developed by Chrysler, which lets you resume preset speed (if momentum has not dropped greatly) by touching a sliding control without repeating the whole setting procedure. You'll find speed control available on a greater range of car sizes and models than in past years. Expect to pay from $80 to $100 for it.

Another device, the fuel economy indicator, senses changes in intake manifold vacuum pressure and instantly warns you of gasoline-wasting driving practices. On acceleration, when the carburetor demands a rich fuel/air mixture, the pressure changes and this message is relayed to the driver.

The message is transmitted by an in-dash gauge or light (on Ford, Lincoln-Mercury, and General Motors cars), or a fender-mounted warning light built into the turn signal indicators (Chrysler Corporation cars). While there's little difference between the fuel economy indicator and the traditional vacuum gauge, the former does not require you to interpret any calibrated readings. The message comes across quite clearly—you're either using too much gasoline or you're not. Because the feedback is instantaneous, you can make an immediate correction in your driving. Since the fuel economy indicator is quite simple in both principle and construction, installation is easy and cost is quite low. As an option, the fuel economy indicator is priced at about $15, and it can even be installed on many older model cars at a dealer's shop.

One option sure to stretch a car's driving range, but not its mileage, is the auxiliary fuel tank available on Ford Mustangs and Mercurys. The tanks are offered in a 3½-gallon size (on the Mustang), an eight-gallon size (for standard-size Mercurys), and a ten-gallon size (for station wagons). The smallest is made of heavy-gauge synthetic material and the larger tanks are of steel. When the main tank is empty, you switch over to the extra tank by flipping a control on the dashboard. Priced at about $35 (no cost on a Mustang with a V-8 engine), the tank ends any worrying about whether or not you'll make the next gasoline station.

Reducing a car's total weight is one way to improve fuel economy, and to that end all major auto makers have made changes. These include lightweight batteries with plastic cases, aluminum and impact-resistant plastic body parts, and for 1975 a more compact and lighter compressor for optional air conditioning. The new unit is sixteen pounds lighter than previous auto air conditioning compressors.

110 great recipes with one great secret.

Reynolds Brown-In-Bag™



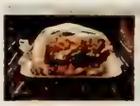
During these days of high food prices, Reynolds Brown-In-Bag is a better buy than ever. Brown-In-Bag holds juices in to cook foods deliciously tender and juicy. This self-basting action makes it ideal for lower-priced meats and economy buys. Busy homemakers everywhere use Reynolds Brown-In-Bag to cook juicy, tender, delicious meals. Not only meats, poultry, fish, casseroles, and other main-course dishes. But everything from apples to zucchini, hors d'oeuvres to desserts.

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Great news for mothers of cavity-prone children!

Most children don't brush properly or often enough. That's why the dental scientists at Lever Brothers invented a new fluoride dentifrice called Aim®. If you have children, read on:

Most cavities happen between the ages of five and fifteen.

You're a conscientious parent. You make your children brush with fluoride toothpaste. You don't question fluoride's effectiveness.

But they still seem to get more cavities than they should. Why?

Could be your children have poor brushing habits. Could be they're also eating too many sweets. And they probably don't brush properly or often enough. Surveys show the average child brushes less than 30 seconds at a time. Shocking!

How new Aim encourages children to brush longer.

Dentists have long stressed that there's *no* better cavity prevention than brushing. Even a fluoride toothpaste can't do its best if a child brushes too briefly or too infrequently.



Children prefer Aim 2 to 1 over the leading fluoride pastes. Chances are, the better a child likes his toothpaste, the longer he'll brush.

That's why Lever scientists enhanced Aim's fluoride formula with flavoring compounds known to be especially appealing to children. The results were astounding.

In tests with 1,300 children, Aim was preferred 2 to 1 over the leading fluoride toothpastes. Chances are, the better a child likes his toothpaste, the more thoroughly he'll brush.

Why new Aim is a gel, not a paste.

The speed at which a toothpaste dissolves is called the "Dispersal Rate." Because Aim is a gel, not a paste, it has an exceptionally fast dispersal rate.



Aim's new clear blue gel formula spreads faster than paste.

This means when a child brushes with Aim, it spreads its good taste faster than paste in the normal brushing time.

Unique gel formula is low in abrasion.

In order to clean teeth, all toothpastes must be somewhat abrasive. That's how they keep teeth clean.

But many mothers are concerned about abrasion. So Lever scientists designed new Aim to be among the lowest in abrasion of all leading toothpastes.

Aim has stannous fluoride, the proven cavity-fighter.

A child in the cavity-prone years needs all the help you can give. Be sure his toothpaste contains an anti-cavity ingredient that's been established as effective by dental research.



Aim has the precise amount of stannous fluoride established as effective against decay.

Stannous fluoride has been researched more thoroughly than any other anti-cavity ingredient. Aim has the precise amount of stannous fluoride established as effective by dental authorities in reducing tooth decay.

Ask your dentist about Aim.

Add it up: A flavor to promote better brushing. A gel that disperses faster and is low in abrasion. The precise amount of stannous fluoride established as effective against decay.

Like any dentifrice, Aim can be of significant value only when used conscientiously in a program of good dental care and regular visits to your dentist.

If you have a cavity-prone child, ask your dentist about Aim.

Take Aim against cavities!



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Now you can use your hands to create beautiful and practical things for your friends, your family and yourself —at a fraction of the cost of ready-made.



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Caning. Strands of splint, woven together, make an attractive and sturdy chair seat.



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Let experienced craftsmen show you how

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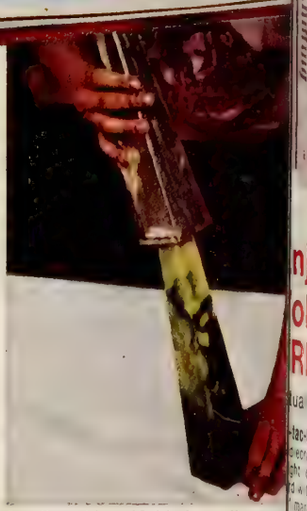
Batik. A wax pattern applied to the fabric forms a design when fabric is dyed.



Basketry. Links for a basket chain are made by weaving well-moistened lengths of 18-inch cane.



Pottery. Working with clay, one of man's oldest crafts, is also one of the most satisfying and useful.



Candlemaking. Molded candles ca made with tools as ordinary as an tin can, a pencil and some heavy

ul things you can with your hands



g. Gilding paste, a rag and a toothbrush you need to "antique" a picture frame.



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Casting. Head sculpted in soft modeling clay can be perfectly reproduced in cast plaster.

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lecraft pillow is a game room ght, doubles as a tic-tac-toe d with moveable "X" and markers.

bleize a table
d complicated? It isn't, with step-by-step instructions.

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By varying wing and tail surfaces, you can make this paper craft circle, perform intricate stunts.

Beaded American Indian ring
Utilizes a basic technique that can also be used in making bracelets and necklaces.

Fantastic animal dolls
Delight a child with gay, stuffed animal dolls—Lou the lion, Heffa the elephant, or Ah-lee the alligator.

Gild a picture frame
Simulate the beauty of old gold leaf, on a frame you can buy for a dollar.

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HERE IS a marvelously exciting encyclopedia of approximately 240 crafts, a vast collection of the knowledge and experience of today's craft masters, and a breathtaking panorama of more than 900 creative projects for you and your entire family to enjoy.

THE FAMILY CREATIVE WORKSHOP, a new craft library prepared by an independent publisher, Plenary Publications International, Inc. and recommended by TIME-LIFE BOOKS, will show you how to put the creative spirit you feel to *work*. And bring you and your family the joy, pride and satisfaction of seeing something lovely come to life through the *power of your own hands*.

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From man's oldest form of creative crafts to his most newly developed arts—from tapestries to tie-dyeing, pottery to plastics, making a pair of moccasins to building a telescope, *THE FAMILY CREATIVE WORKSHOP* has something for every taste.

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Weave a hanging basket in a few rainy afternoon hours. Print colorful, graphic stationery (with a potato!) on a leisurely lazy day. Or choose a project in which you can enjoy many days or evenings of satisfying work. For instance, refurbish castoff furniture into one-of-a-kind antiques.

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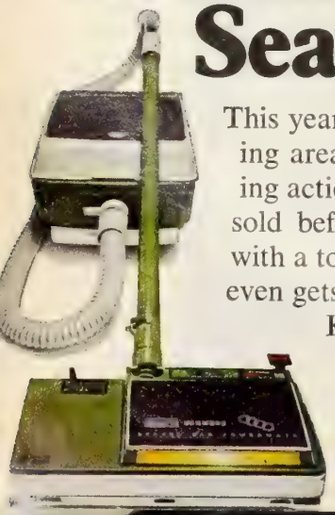


After vacuuming with Sears regular rug attachment.*



After vacuuming with Sears Powermate attachment.*
(Actual unretouched photographs)

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Also in the catalog. Model No. 2499.

*These Powermate results witnessed by Good Housekeeping Institute

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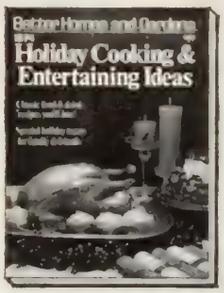
New Ideas

EARLY AMERICAN CRAFTS
By Roberta Rafaelli

Extensive research into the history and techniques of traditional crafts of yesteryear led to this colorful new book from Creative Home Library, published in association with Better Homes and Gardens. It includes 53 authentic Early American projects for your home, all updated, using modern materials and methods. Complete diagrams, patterns and photos give step-by-step directions for unique Christmas decorations, mobiles, party lanterns, sconces, pillowcases and much more. Also included are special techniques for eight different old time crafts — pods and pine cones, shell art, pierced and cut paper, tinselling, quilling, velvet painting, stenciling and splatter painting. Just $9.95, wherever books are sold.



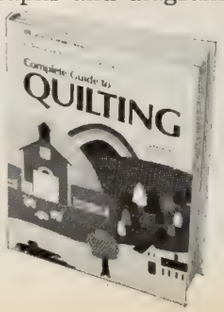
HOLIDAY COOKING AND ENTERTAINING IDEAS — 1974



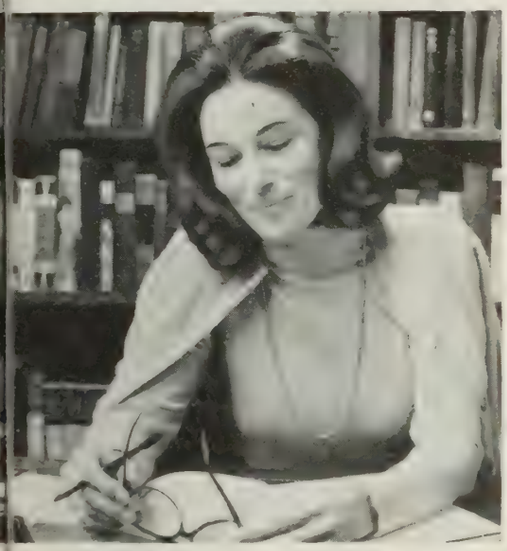
A multitude of entertaining ideas and color photos make it fun just to browse through this idea-packed publication from Better Homes and Gardens. The flavor of the season is captured in settings that include a rustic Thanksgiving Feast and an unusual Wine Basket Supper. Nine gala party ideas include everything from early morning brunches to late-night suppers. A special 20-page section contains recipes for drinks, appetizers and sweets for an open house. Holiday foods from foreign lands include complete menus for Mexican, Irish, Portuguese, Italian, Spanish, German and Chinese parties. Just $1.35. On sale at your newsstand soon.

COMPLETE GUIDE TO QUILTING
By Audrey Heard and Beverly Pryor

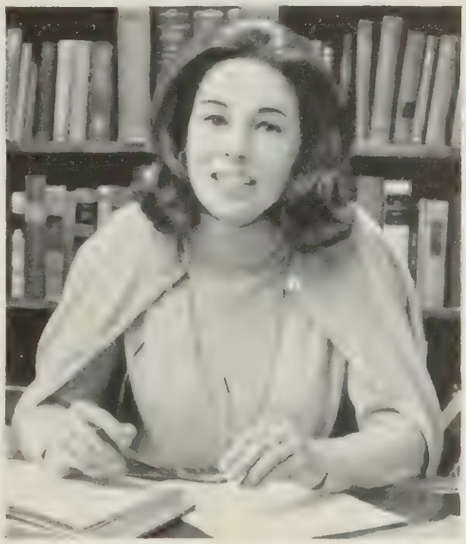
The revival of old fashioned craft quilting is here. It has been brought about by today's beautiful fabrics and a new desire to make the most of what we have. Whether you're an accomplished artist or a beginner, this colorful new book from Creative Home Library, published in association with Better Homes and Gardens, contains quilting methods and techniques to suit every talent. Explicit step-by-step instructions and over 80 full color photographs and diagrams show techniques for making virtually every kind of quilt known. You'll find easy ways to make children's quilts, original design quilts, patchwork quilts and pillowcases, wall hangings, place mats and tablecloths, skirts and handbags. Also included: historical information and a full chapter on the popular Amish quilts. Just $12.95 wherever books are sold.



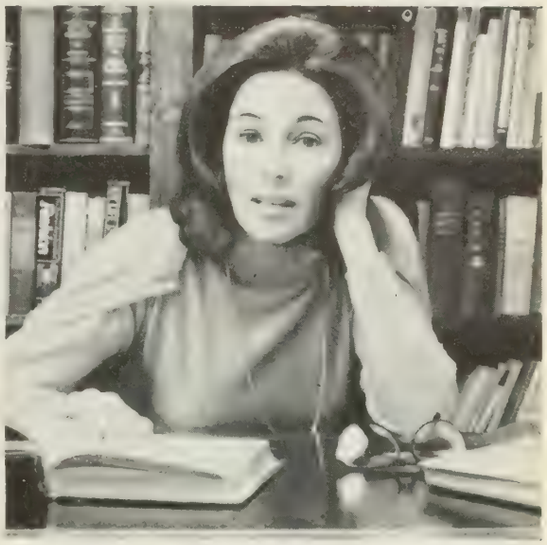
4 months ago I was a gray, plump mother of 3. Now I'm a trim, brunette college freshman.



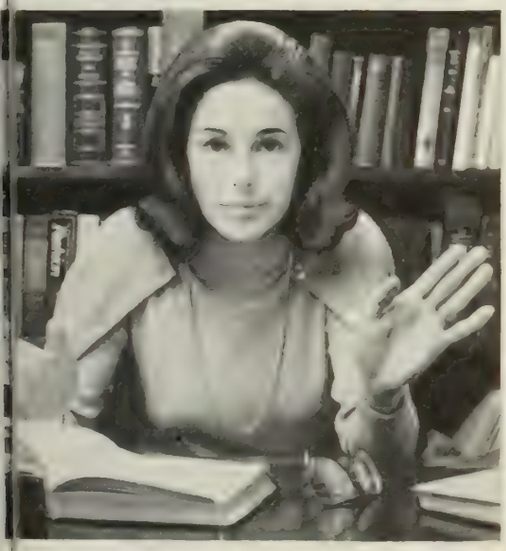
I'm still a mother of 3. But I'm a whole lot more. And nobody's happier about it than Jim and the children! I guess it all happened because I saw my "babies" growing up so fast, needing me less and less.



If they missed a meal my whole day would seem shot. And I knew I had to do more with the next decade of my life than sit around counting my birthdays and gray hairs, making my children feel guilty for leading their own lives!



I think the whole thing got going the day I got the courage to color my hair. I'd always been a little afraid of haircolor, but I'd heard that Loving Care® lotion was a very different proposition. And it is!



It's not a permanent dye or a peroxide thing. It doesn't change your own color. It just rinses away the gray. And looks really natural—with soft natural highlights.

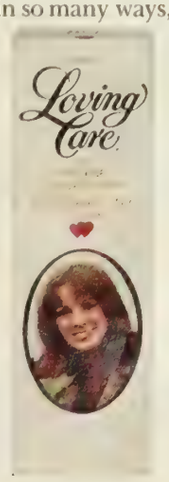


Well, it was so exciting to get my own brunette color back it gave me the encouragement for once to really stick to my diet. And now here I am—starting college! Of course, I only go part time. But it's a start.



But that's what's so great. To see, at this point in my life, so many things ahead. To feel, in so many ways, I've only just begun!

You're not getting older. You're getting better!™



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LEISURE PRODUCTS Douglas M. Lidster

CROSS-COUNTRY SKIING

WHAT DOES YOUR FAMILY NEED?

The national sport in Scandinavian countries, cross-country skiing was the forerunner of downhill skiing. Downhill skiing requires costly boots, bindings, skis, poles, clothing, lessons, and lift tickets. In contrast, all you need for "cross-country" are lightweight skis, heel-free bindings, shoe-like boots, poles, a few inches of snow, and room to roam.

Converts to cross-country claim it provides most of the joys of downhill and eliminates many of the disadvantages:

- The best cross-country equipment costs less than half as much as the best downhill equipment. You can outfit yourself nicely for less than $75. Skis will run $25 to $70, boots $25 to $40, bindings $8 to $25, and poles $6 to $20. On children's equipment, many sporting goods shops have a package price of less than $30.
- No fancy parkas, pants, or hats are necessary. You're leaving, not joining, society. Removable layers of outerwear you already own will suffice.
- Since you aren't tow-bound, you can ski wherever there is snow—your backyard, nearby parks, golf courses, even mountainous terrain.
- Cross-country skiing is a fine family sport as varying levels of experience or physical coordination won't separate the novices from the experts.
- Many ski areas and shops have cross-country equipment to rent so you can test your interest before investing in the sport.

Skis

Cross-country skis are light, long, and narrow. They make gliding over snow a pleasure where walking would be exhausting. While you will use about the same length skis you would for downhill, they'll be about two-thirds the width and one-third the weight. You can determine the proper length by reaching for the ceiling and selecting skis that extend from the floor to your wrist.

Wooden skis are still widely preferred for cross-country, to those of fiber glass, plastic, or ones with artificial bases. Wood is lighter and holds wax better than other materials now on the market.

Because cross-country terrain includes everything from unplowed parking lots to steep mountain slopes, you need to buy skis that are strong enough for the type of

continued



With Congoleum Cushioned Shinyl Vinyl and a little imagination, you can make your lived-in kitchen come alive. Because...

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The colorful, no-wax comfort of Cushioned Shinyl Vinyl®

No matter what your taste—or price range—Congoleum has a Cushioned Shinyl Vinyl to match. This exciting "Reflection®" floor is just one of our nearly 500 colorful patterns that combine the convenience of Shinyl Vinyl (the original no-wax floor that lets you shine when you wish), with the soft, warm, quiet comfort of cushioning.

To complete your new look, hang sunny yellow curtains and wallpaper cabinets in cheerful checks. Show off your knick-knacks on a small shelf and add a divider of green-striped Plexiglas.

Congoleum is the one change—that changes everything! Begin your changes with our booklet "Focus on Floors". Send 50¢ to Consumer Service Dept., Congoleum Industries, Inc., 195 Belgrove Drive, Kearny, N.J. 07032. Then see your Yellow Pages under "Flooring" for your nearest Congoleum dealer. And see for yourself the difference Congoleum makes!


Soft, warm, quiet—Cushioned Shinyl Vinyl® & Carpet by
Congoleum®
We've built a reputation you can stand on.

1975 CHEVY WAGONS.

ALWAYS PRACTICAL, NOW MORE EFFICIENT.



This year Chevrolet brings a new efficiency to the much-beloved station wagon. Our regular and mid-size wagons have a new Efficiency System. Vega, which has always been an efficient performer, also uses some of the engineering features of the System. Because Vega has its own approach to efficiency, we'll talk about it separately.

The Efficiency System.

It's a series of significant engineering improvements that are designed to give you improved fuel economy, more miles between recommended maintenance, and a better performing wagon in many ways. On regular and mid-size wagons, the System includes catalytic converters, High Energy Ignition, Early Fuel Evaporation and GM-Specification steel-belted radial ply tires.

Regular and mid-size wagons run leaner, run cleaner.

Now, what's that mean? When businesses *run leaner,* they run more economically. Since that's what these wagons are designed to do, we've adopted the phrase. By *run cleaner,* we mean these wagons are designed to meet Federal emissions standards with engines that s cleaner internally because of no-lead fuel. So they run lea run cleaner and save you m every mile.

Improved fuel economy.

Regular and mid-size wagons are designed to brin you improved fuel economy thanks to the new Efficiency System, which permits new engine tuning and includes rolling radial ply tires. (Beca of its high-performance capability, our 454 V8 will show limited improvement.)

Surer starting.

High Energy Ignition, standard on all 1975 Chevr delivers a spark that's up to 85% hotter than the spark o conventional ignition syste HEI's designed to give you s starts on wet or cold days—t the kind of weather to keep family waiting. The hotter s also gives you efficient fuel combustion at all engine sp

About Vega.

Vega has many of the features that are in the new Chevrolet Efficiency System —like the new High Energy Ignition. Vega families get all its benefits of surer starts in the wet or cold, and efficient fuel combustion when you're on your way.

Vega also has the catalytic converter, so you'll notice smoother engine operation than the past few years. And because of the catalytic converter and the use of unleaded gas, we're able to offer the same extended maintenance recommendations on Vega as on our larger wagons.

Because of these improvements, we think you'll find a 1975 Vega more efficient.

Vega Estate





Chevrolet Caprice Estate

Faster warm-ups.
Early Fuel Evaporation on ılar and mid-size wagons is gned to reduce stalling and gging when you start out. It helps save a little gas on t runs in cold weather.


evelle Malibu Classic Estate

Better performance.
Clearly, all regular and size wagons with their surer s, faster warm-ups and hotter on are designed to be eably better performers cars of the last few years. With catalytic converters now taking over most of the emission control, all of our engines can do what Chevy engines have long been famous for: Deliver smooth, responsive, efficient performance.

Fewer, simpler tune-ups.
With High Energy Ignition, there are no points or ignition condenser to replace. Spark plugs should now last up to 22,500 miles (used to be 6,000 miles). Tune-ups, as we've known them, will be simpler and further apart, due to less frequent adjustment of timing and replacement of plugs.

More miles between oil changes and chassis lubes.
For 1975 we've been able to extend our recommended maintenance: Oil change and chassis lube—every six months or 7,500 miles (an increase of two months or 1,500 miles). Oil filter change—first 7,500 miles, then every 15,000 (an increase of 1,500 miles for the first change, 3,000 miles for each later one).

Automatic transmission fluid change—every 30,000 miles (an increase of 6,000 miles).

All that and cleaner air, too.
With Chevrolet's catalytic converter, we've met the new Federal emission reductions: Exhaust hydrocarbons down 50%, carbon monoxide reduced 46% from 1974.

This year we can all breathe a little easier, and drive a little happier, too.

CHEVROLET MAKES SENSE FOR AMERICA

Chevrolet



continued

Cross-country skiing

skiing you plan to do. There are racing skis (the lightest), touring skis (somewhat sturdier), and mountaineering skis (often downhill equipment with cable bindings).

In the beginning a key question is: to wax or not to wax? It's important because in cross-country skiing you not only slide down hills, you also climb *up* hills. Thus, the ski base should allow you to slide forward yet retard backward slipping when climbing.

Proper waxing will do the job on wooden skis; ingenious base design works on others. One model features a "fish scale" base which eliminates the need to wax.

Another ski which takes little or no wax sports thin strips of mohair on each side of the bottom groove. With these skis you can glide forward with the grain of the strip while the bristly mohair helps hold when climbing as the ski slides against the grain. Performance is often improved if you wax the tips and tails. Unfortunately, the mohair often ices up in wet snow.

Fish scale bottom and mohair skis are always ready to go. You don't have to wax for different snow conditions or adjust the wax for temperature changes while under way. However, if expense and maximum traction on uphill climbs are important to you, stick with wood.

Waxing isn't really as complicated as you might imagine. Most waxes are color-coded and come with a chart so you can tell at a glance which wax to use for specific snow conditions and temperature ranges. One company has simplified the whole process by offering two waxes: on for 32 degrees and above and one for 3 degrees and below.

Different waxes can be combined fo unusual snow conditions and with a littl practice you'll quickly discover the bes applications. As a guide, remember tha the harder and colder the snow, the harde the wax should be.

Boots

Cross-country boots resemble low-cut hik ing boots with a wide sole at the toe. Yo should be able to wear two pairs of woo socks under them for blister preventior warmth, and comfort. Because the boo must flex while skiing, test the fit by lacin them snugly and kneeling with the toes fla on the floor. Fit and comfort are very im portant. Never lace boots too tightly o you'll impair circulation and get cold fee

Bindings

When buying boots, you'll probably nee to shop for bindings, too. Most boots hav eyelets in the toe of the sole and som have notches or grooves in the heel t match different bindings. The bindings, o course, fasten your boots to the skis so yo can maneuver them. They're designed s you can walk as though you were shufflin in bedroom slippers. When you move yo feet, your toes stay flat while your heels lif

Basically, there are three types of bin ings. The simplest, and the one preferre by racers, binds only the toe of the bo to the ski. It includes a plate with pegs fit the holes in the toe of the boot sol This type provides maximum heel freedo for the classic long-gliding stride.

A modification combines the toe bindi with a serrated heel plate or metal devi that fills a notch in the heel of the bo when it's pressed to the ski. Heel fixtur provide the lateral resistance desirable f turning downhill and climbing uphill. Th also minimize snow buildup under t heels.

The third type features a cable that ru from the toe binding around the boot, a is secured in the groove in the heel. Th variety is most effective for mountaineeri and for touring that includes steep slopes.

Poles

You may choose from three materials bamboo, fiber glass, and metal. The ba boo poles are the lightest and springie Look for cross-country poles with adju able hand straps and curved tips rath than the straight tips used on downh poles. This curve helps you pull the po from the snow as you glide along. Tips, course, should point forward so they'll tract with ease.

Cross-country poles are the proj length if they reach from the snow to t middle of your shoulder. Thus, as y plant the tips just ahead and opposite yo lead boot while striding, you'll get ma mum thrust with less fatigue. ■

Only one Burger for dogs has what you think every one has.

U.S. Government Inspection. Ken-L Ration Burger is the only one that has it. Look at the labels.

U.S. Government Inspection of food is something many of us take for granted. But that's a mistake when it comes to dog foods. Because there's no law that says *dog foods* have to be government inspected—not even soft, moist foods—like Burger.

As a matter of fact, for a Burger to get government inspection, the people who make it have to ask for it. And if they do, they're also asking for a lot of extra time, effort, and expense.

But that's exactly what Ken-L Ration Burger does. And maybe that's why *only* Ken-L Ration Burger does it.

How government inspection works.

An inspector from the U.S. Department of Agriculture is on the floor of our plant every single day. He checks the wholesomeness of the ingredients that go into Ken-L Ration Burger. He inspects the sanitation of every piece of equipment that touches these ingredients.



Only with his approval does Ken-L Ration Burger get to carry the U.S. Department of Agriculture seal for wholesomeness. Obviously, the government seal says a lot about Ken-L Ration Burger. The fact is, without U.S. Government Inspection it's impossible to know exactly how any dog food is made.



Our Burger is better for your dog than hamburger.

It actually has more protein than fresh ground hamburger. More balanced nourishment than hamburger. And a lot less fat than hamburger.

Ken-L Ration Burger is 100% nutritious. You could feed it to your dog every day, and it's all he'd ever need.

Shouldn't this be the Burger your dog eats?

We think the whole idea of Burger for dogs makes sense. It's easy to store, never needs refrigeration, and it's fresh every time you serve it.

And dogs love the moist, meaty taste of it.

And since Burger for dogs is such a good idea, isn't the only Burger that's government inspected an even better idea?



Will your car start this winter?

A heated garage, of course, is the best winter protection your car can have. But if yours isn't housed that luxuriously you can still ensure quick cold weather starts with one of today's heating accessories. When the temperature drops, they can help your car start in one of three ways: by heating the coolant that circulates through the engine and radiator, by directly heating the lubricating oil, or by keeping the battery at full charge either by warming or actually charging it.

No heating device will do its job, though, if your car's engine or electrical system isn't operating properly to begin with. You'll have to make sure you have a good battery, that the engine is tuned (spark plugs, points, and timing should be checked if you've driven more than 15,000 miles since service was last performed), and that the engine is well lubricated with a quality all-weather or winter-grade oil. Then you can be reasonably positive that your car's hard starting is a cold weather ailment, not an engine malfunction.

Keeping the coolant warm

The coolant in your car's engine and radiator, a mixture of ethylene glycol antifreeze and water, is the logical target for heat treatment. In its cooling role, the coolant circulates throughout the system, drawing heat from the operating engine. During cold weather you should reverse the function and let the coolant warm the engine, at least until you've started it. And you can do it without tearing the engine apart, since the routes traveled by the coolant are easily accessible. That's why most engine-warming devices are the coolant heating type. With one exception, these devices operate from a 110-115 volt electric source.

One of the simplest heating devices is the *freeze plug engine heater*. This small metal plug containing an electric heating element is inserted in one of the engine block holes designed to accommodate the freeze or core plugs. There it comes in contact with the coolant in the engine block. In order to heat the coolant sufficiently, the heater is plugged in about an hour before you plan to start the car. In coldest weather the freeze plug heater can be left plugged in overnight, and the engine block will reach a temperature of about 115 degrees. Freeze plug heaters come in a 400-watt size for smaller engines, and a 750-watt size for larger engines, and cost from $5 to $8. Inserting the heater may be difficult for the average handyman, so count on a minimum of $6 to $10 installation charge, plus the cost of flushing and refilling the cooling system (about $10). The heater remains in the engine block, but can be removed and replaced with the normal freeze plug if desired.

Head-bolt heaters are probably the best known devices for warming up a car engine. However, they are difficult for the do-it-yourselfer to install because replacing one of the engine's head bolts with the bolt-shaped electric heater requires exact clearances. The cooling system must be drained and flushed before installation, then refilled after the heater is in place. Rated at 650 watts, the head-bolt heater can raise the temperature about 60 degrees in an hour, enough for an easy start at zero degrees. For colder weather, the head-bolt heater can be left on for longer periods without danger of overheating (maximum temperature reached will be about 120 degrees). Add to the average price of $10 at least an equal amount for installation, plus the cost of replacing the coolant.

The other type of coolant heater connects directly into one of the system's hoses—either the lower radiator hose or the heater return hose. Coolant is warmed by contact with the warm coolant, then circulates throughout the system because the warmer coolant tends to "push" the cold. As the coolant warms, heat is also transferred to the engine block, thus to the lubricating oil. Even an inexperienced mechanic can handle the installation in five minutes with a sharp knife and a screwdriver. Just cut away a section of hose according to directions and install the heater in its place. Should you wish to remove the heater, say at trade-in time, replace it with a new section of hose. The size (from 850 to 2,500 watts) of the heater you will need depends upon the quart capacity of your car's cooling system. You can expect to pay from $8 to $25 for a hose heater. Quality units will have a built-in thermostat to protect against overheating. Heaters that connect to the lower radiator hose require draining, flushing, and refilling the entire cooling system before installation. Those that connect to the heater return hose do not require draining the system before installation. All heaters of this type have a long cord that fits through the car's grille for easy plug-in to an electrical extension cord.

If electricity isn't available where you park your car you can get an engine coolant heater that operates on propane. The *propane-fired heater* burns about 3⅜ ounces of fuel per hour and will operate in temperatures as low as 45 degrees below zero. The fuel source can be the type of portable propane tank used with camp stoves and heaters. A propane heater, less tank, costs about $35.

When you shop for an engine coolant heater like those mentioned above, there are a couple of things to consider. First, the size you'll need (in watts) to do an efficient heating job for your car. Second, the cost of draining and refilling the cooling system required with some heaters—antifreeze now costs from $4 to $6 a gallon so draining is expensive. And third, the ease of installation and removal: can you do it yourself or must you pay a labor charge of over $10 per hour?

Other warming methods

Coolant warmed by an engine heater will eventually raise the temperature of the engine oil and thin it enough for easy starting, but there is a more direct method: an *oil dipstick heater*. It uses electricity to transfer heat directly to oil in the crankcase. The heater is a flexible stainless steel tube with cord attached. Insert the tube in place of the regular dipstick, then plug it in and let it operate overnight. Since the heat output is low, best results

continued



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To make sure they will, we put them through "torture tests" equal to 20 years average use.

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The Bell Telephone Companies know you count on your phone service. You can count on us to keep it working.

We hear you.

continued

Will your car start?

are obtained when the unit is plugged while the engine is still warm. Dipstick heaters are reasonably priced at about $6. Their one drawback: they must be removed, wiped off, and replaced by the regular dipstick.

Batteries can be kept at full charge in cold weather by warming them with a *battery heater*. Some models fit on the bottom of the battery stand, others clamp to the battery case. To be effective, they must be operated all night. Battery heaters are priced from $4 to $6.

Another way to keep the battery at full charge in subfreezing weather is to invest in a small *battery* ("trickle") *charger*. These two-amp units are rated at about 48 watts and automatically taper off as the battery reaches full charge. They also can be used to recharge a weak battery. Good ones have a built-in circuit breaker and a six-volt/12-volt selector switch, and sell for about $10.

A questionable alternative to electrically operated warming units is the *insulated engine blanket*. It's filled with a fireproof synthetic fiber claimed to retain heat for up to 24 hours when placed immediately on a warm engine. The blanket comes in one size and costs about $5.

Choosing the right heater

No two cars are alike, so winter starting requirements vary widely. When selecting a warm-up device for your car you'll have to consider:

- the size of your car's engine;
- the lowest winter temperature you can expect in your area;
- how often your car is exposed to cold.

A small car with a four-cylinder engine, for instance, may require nothing more than a battery heater. The warm battery will retain enough charge to turn the engine over after eight or more hours in the cold. On the other hand, even a heated, fully charged battery may have a tough time getting a large V-8 started on the first crank. And if you park your car in a protected area it won't get as cold as one that is parked in the open and exposed to greater wind chill. If winters are mild where you live, starting problems will likely be minor.

Convenience is an important consideration, too. With a heater that warms the coolant, you get the warm air from your car's heater the minute you start it rather than shivering for five minutes or more. You must decide whether that feature is worth $10 to $15 extra cost.

Automotive accessories such as heaters are normally guaranteed by their manufacturers. Don't buy one that isn't. It also pays to double-check your car's warranty to see if it will be invalidated by adding a heating device—on most warranties, it won't. ■

Lead-free fuel: what are the facts?

Unleaded gasoline is here to stay. Since July 1 all service stations selling 200,000 or more gallons of gasoline per year have been required by the federal government to have it available. If you're wondering how unleaded gasoline could affect your driving, and your budget, here are some answers to your questions:

Can unleaded fuel be used in any car? No. Catalytic converter-equipped 1975 cars must use no-lead fuel. Cars built in the U.S. in 1971 or later can use it. But in pre-1971 cars, unleaded gasoline will eventually cause valve damage or harmful engine knock.

Is unleaded fuel rated as a regular or a premium gasoline? Government regulations require that unleaded fuel be at least 91 Research octane, or about an 87 rating as posted at the gasoline pump, which is regular. The per gallon price, though, is almost the same as premium.

Besides cleaner air, what other benefits does unleaded fuel offer? In cars that can use it, unleaded fuel is said to triple spark plug life, reduce exhaust system damage, and usually reduce overall maintenance. Damaging lead deposits will be nil.

Where is unleaded fuel likely to be unavailable? In some sparsely populated areas of the U.S., where low-volume stations are not required to offer it; in Mexico, and in Canada, where supplies may be short and the Canadian government does not require it.

Will there now be three grades of gasoline available? At present, you should find premium, unleaded regular, and leaded regular, but the demand for premium is so low that it will probably soon disappear from the scene. ■



Squeeze Parkay Margarine.
Squeeze it for a lot of reasons.

Cynthia Johnson doesn't care who she lets into her house.





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Cynthia's new GAF No-Wax Sofstep™ Vinyl Floor is so easy to keep clean.

All it ever needs is a quick damp mopping to keep it spotless. And a light buffing to keep it shiny.

Thanks to deep foam cushioning, Sofstep is almost a quarter inch thick, too. Which makes it quiet, warm. And comfortable.

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For your nearest GAF dealer, see the Yellow Pages. Or for further information, write GAF Floor Products Division, Dept. A114, Box 1121, Radio City Station, New York, N.Y. 10019.

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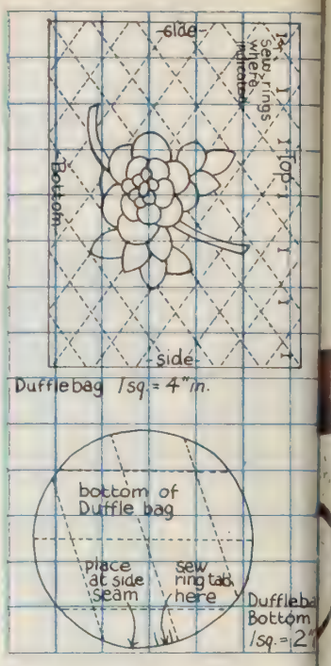
see page 98

Gifts to stitch

Duffle bag, page 98

Materials: 1½ yards 45-inch Dacron/cotton broadcloth; fabric scraps for appliqué; cotton embroidery thread or six strands floss; 1½ yards thin batting; 8 ¾-inch brass rings; dressmaker's carbon and tracing wheel; No. 7 cotton darning needle.

1. For bag, cut two 22x30-inch fabric pieces and one 22x30-inch batting piece.



2. For strap, cut two 4x35½-in fabric pieces and two 3x35-in batting pieces.

3. For bias, cut enough to ma an 80-inch fabric strip (cut it 1 inches wide and finish to measu ¾ inch). Cut two 2x3-inch ri tabs from fabric.

4. Enlarge patterns for flow and cut pieces from various fa ric scraps. Following pattern, a pliqué to outside of bag.

5. Transfer quilting patte (dotted lines on drawing) to b and bag bottom using traci carbon and wheel. To prepare f quilting, sandwich fabric fro backing, and batting togeth Pin around edge and baste cl to the edge. Next, put pins right angles to quilting lines ev two inches. You are ready to gin quilting.

6. After completing quilting, p bag wrong sides together and m chine-stitch side seam. Sew circular bottom in same w Raw edges of seams should showing on outside of bag.

7. Fold ring tab pieces lengthw and machine-stitch. Turn ri side out and attach by machine bag as indicated on pattern.

8. Trim all seams and press one side. Cover outside seam bag with a piece of bias. Co circular bottom seam in sa manner. Turn top edge of bag inch to outside, and cover it w the bias.

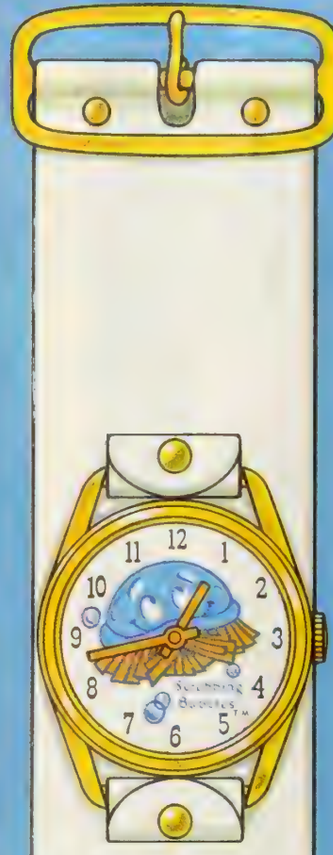
9. Attach rings with cotton thr (refer to the pattern for th placement).

10. To make strap, machi stitch the two fabric pieces gether. Mark ½-inch seam all ance on outside of each side strap. With marked side down, fold over one edge al seam allowance and baste. F other side over one inch

continued

DOW Bathroom Cleaner's
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Get a Scrubbing Bubble Watch for just $8.95



What a fun idea! Rush my Scrubbing Bubble watch(es) to the address below. I've enclosed my check (or money order) for $8.95 for each watch ordered and I've marked the color band(s) I want.

No. of watches ordered ☐

No. and color of bands blue ☐ brown ☐ white ☐

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Address_____

City_____

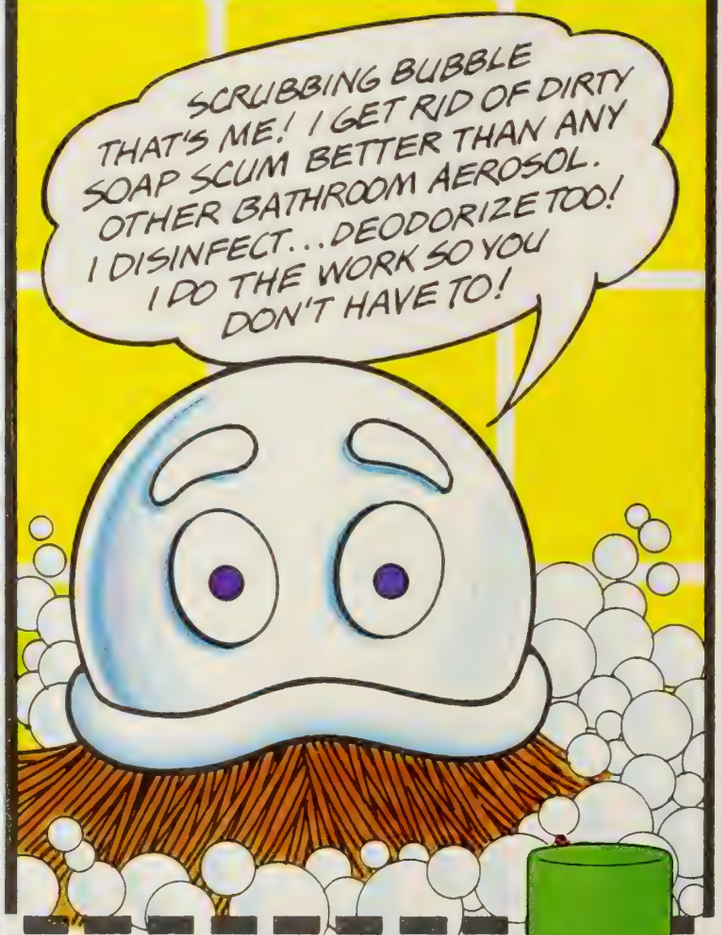
State_____ Zip_____

Send Scrubbing Bubble watch coupon and check (or money order) to:

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P.O. Box 5233 B.
Hicksville, New York 11816

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Painful elimination is unnatural.

Many people have experienced the pain of dry, hard stools. And many have come to accept this, as if it were a natural part of elimination.

But there's nothing natural about it.

No matter what your age, you should have comfortable elimination.

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Serutan is the effective laxative that forms a smooth gel in the lower digestive tract, where it combines with intestinal waste to give you comfortable relief.

There's no strain, and no cramps. That's because Serutan, with its natural ingredients, adds the necessary moisture and bulk to work *with* your system for smooth, easy results.

If you suffer from painful elimination due to constipation or dry, hard stools, try Serutan. You'll be very comfortable with it.



continued

Gifts to stitch

press. Now bring basted side over to meet marked seam allowance and press.

Overlap the batting strap pieces and sew by hand. Open strap and place the batting which has been folded in half lengthwise, along the center of the strap. Refold, pin, tuck in the ends, and quilt the strap.

11. Thread strap through the rings at top and tie at the bottom ring. Adjust straps to fit the individual.

Crocheted skirt, page 98

Materials: Acrylic yarn, 4-oz. skeins: magenta—5; olive green—1; red—1; orange—1; black—1. Magenta velveteen or ribbon—piece 2½x40 inches. Size I aluminum crochet hook, or size needed to obtain square measuring about 4¾x4¾ in. 2½-in. needle with large eye and dull point for sewing yarn. One size: 37½x57 inches. To make the skirt longer, either add another row of squares around bottom before making border, or crochet a few more rows of border if you only need to increase length by a few inches.

Skirt is made of 51 solid-color and 26 4-color squares. 23 of the solid squares are embroidered with French knots.

Solid-color sq: (Make 51) With magenta yarn ch 4, sl st to first ch to join.

Rnd 1: Ch 1, 12 sc in center of ring, sl st to first sc.

Rnd 2: Ch 3 (counts as 1 dc), working in both loops, 2 dc in same sp, ch 1, *sk next sc, 3 dc in next sc, ch 1. Repeat from * around, sl st to top of first dc to join. (6 groups of 3 dc)

Rnd 3: Working in top back loop, 1 sl st in next dc, ch 3 (counts as 1 dc), 1 dc in same sp, *ch 1, sk next dc, 2 dc in next ch, ch 1, sk next dc, 2 dc in next dc. Repeat from * around. End with ch 1, sl st to top of ch 3 to join. (12 groups of 2 dc)

Rnd 4: Working in top back loop, 1 sl st in next dc, sl st in next ch st, ch 3 (counts as 1 dc), 2 dc in same sp, ch 2, 3 dc in same sp (corner), *sk next 2 dc, 3 hdc in next ch st, sk next 2 dc, 3 hdc in next ch st, sk next 2 dc, 3 dc in next ch st, ch 2, 3 dc in same sp. Repeat from * twice more, sk 2 dc, 3 hdc in ch st, sk 2 dc, 3 hdc in ch st, sl st to top of ch 3 to join.

Rnd 5: Ch 1. Working in both loops, 1 sc in same sp, 1 sc in next 2 sts, *1 sc, ch 2, 1 sc in next ch-2 corner sp, 1 sc in next 12 sts. Repeat from * twice more, 1 sc, ch 2, 1 sc in ch-2 corner sp, 1 sc in next 9 sts, sl st to top of first sc. Fasten off. Block lightly.

4-Color sq: (Make 26)

Follow directions for solid-color sq, with the following color changes for each round.

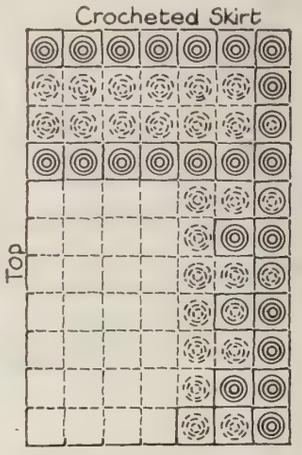
Rnds 1 and 2: Use red yarn. Fasten off.

Rnd 3: Attach orange yarn in top of center st of 3 dc. Fasten off at end of round.

Rnd 4: Attach olive green in back loop of ch 1 between groups. Fasten off at end of rnd.

Rnd 5: Attach black yarn in top of ch 3 at beg of rnd 4. Fasten off at end of rnd.

Embroidered sqs: On 23 magenta sqs, embroider French knots twisting yarn once around needle. On Rnd 1, use red yarn, making knots at top of every other st. Same on Rnd 2 using orange yarn. Same on Rnd 3 using olive green. Always carry yarn loosely on back of sq.



Assembling squares for skirt (see drawing)

With magenta yarn, whipstitch 12 embroidered sqs together through top back loops, making piece 2 sq wide x 6 sq long. With black yarn, whipstitch 2 panels of 4-color sqs, each 1 sq wide by 6 long. Sew one panel to each side of 12-sq embroidered panel with black yarn, picking up top back loop of magenta sq and loop just in back of black sc border. (This gives a nice unbroken ch look to blk border.) In same manner, sew remaining sqs of skirt according to diagram, making sure that embroidered panel (front of skirt) is at right.

Skirt border: Note: All rows are worked with right side of skirt facing you. Begin at the top magenta square.

Row 1: Attach magenta yarn and work 1 sc through both loops in each st to blk border sq. Then, picking up back loops of blk sqs, 1 sc in each st to corner. Work 1 sc, ch 2, 1 sc in same sp for corner, 1 sc in each back loop across bottom; 1 sc, ch 2, 1 sc in corner; and 1 sc in back loops up 7 sqs at front. Fasten off.

Row 2: Attach red yarn to start

continued



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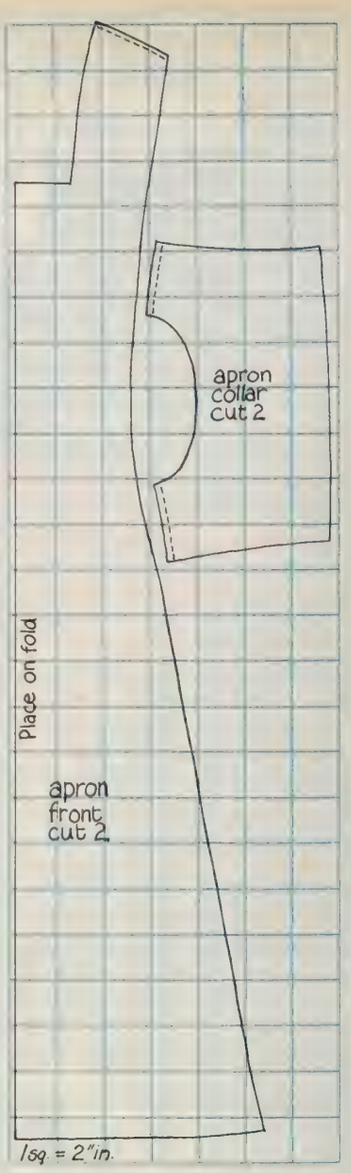


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continued

Gifts to stitch

of magenta row. Working in both loops, 1 sc in each sc to corner, 1 sc, ch 2, 1 sc in same sp, 1 sc in each sc across bottom of skirt to next corner, 1 sc, ch 2, 1 sc in same sp, 1 sc in each sc to top of skirt. Fasten off.

Row 3: Attach orange yarn to start of the red row. Work as for Row 2.

Row 4: Attach olive green to beg of orange row. Repeat Row 2.

Row 5: Attach magenta yarn in first bottom corner. With right side of skirt facing you, work 1 hdc in each st across bottom edge only. Fasten off.

Row 6: Attach blk yarn to beg of olive green row, 1 sc in each st to bottom corner, *ch 3, 1 sl st in 3rd ch from hook (picot), 1 sc in next 2 sc. Repeat from * across bottom edge and up front of skirt to top. Do not fasten off.

Waistline: Working across top of skirt—1 sc in first sc, *sk next sc, 1 sc in next st. Repeat from * across, using blk yarn on blk sqs and changing to magenta yarn for magenta sqs.

Waistband: On lengthwise strip of velveteen or ribbon (2½x40 in.) mark ½ in. from each end. Using correct measurement of your waistline, mark waistband on wrong side, measuring from mark on right. Pin right sides of skirt and velveteen together at two outer marks. Allow ¼-in. seam on skirt and ½-in. on velveteen. Pin magenta side of skirt to waistband at middle mark with only slight ease. (This is underlap.) Ease remaining top of skirt to waistband. Sew to band with small backstitches. Turn in ½-in. extension on front of band and baste. Leave other ½-in. extension flat to reduce bulk. Overcast all raw edges. Turn waistband to inside and sew to skirt. Sew hooks and eyes to front and underlap to fit you comfortably. When completed, block entire skirt lightly.

Hostess apron, page 98

Materials: 1⅔ yards of same material as waistband tie; 4¾ yards of ruffled lace.

1. Enlarge drawing and cut two each of the two pattern pieces. Sew together at shoulder seams so you have two aprons. Pin ruffled lace all around outside edge of one apron, right side to right side, positioning it so the raw edges are together. Stitch down. Place the second apron on top, right side to right side. Stitch all the way around. Turn and press.
2. Pin and stitch lace to neck opening of one apron, right side to right side. Turn and press seam. Turn over and work from other side, folding under raw edge of unsewed layer, pinning in place and hand-stitching down. Press well.
3. Wear over patchwork skirt. Waistband tie for skirt goes over apron to hold it at the waist.

Patchwork skirt and slip, page 98

Materials: 1¼ yards each of 4 different fabrics (or if fabric can be cut on the cross grain you can get by with ½ yard of each fabric) plus 1¼ yards for bias cut tie; waistband elastic.

For slip: 2¾ yards of fabric.

continued

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nued

ts stitch

cut patchwork skirt pieces, your own pattern with measurements: full gore n pieces should measure 6 s at the top tapering to 11 s at the bottom. Half gore n pieces should measure nches at the top and 6½ s at the bottom. Our pattern s are 44½ inches long, t makes the finished skirt 38 inches. If you require a longer skirt, adjust the measurements, retaining idth measurements of the attern pieces.

've used a print and a solid e full gore pieces, another and solid for the half gore . Cut two full gore pieces of of the two selected prints of the half gore pieces of f the two selected prints.

art assembling the skirt by sewing two half gore (a print and a solid) to- with ½-inch seam. Keep- ams accurate in width is tant since these stitched-to- half gores will have to line h the full gore widths when art creating the patchwork. he placement of your prints lids so you alternate pat- round the skirt.

nen you've established the nent of patterns, alternate re pieces and the stitched- er half gore pieces and sew er with ½-inch seams. all the pieces are joined you ve a multi-patterned gored

ate the patchwork look by ring down from the top of rt 10½ inches all the way l and making a horizontal ound the skirt. Pin the cut- ction back on to the re- er of the skirt after you've the patterns over one gore. point there will be a print solid and a solid over a Sew together with a ½- eam. Measure 10½ inches from this seam and make r horizontal cut all around Offset patterns by one gore pin together, and sew with n seam. Measure 10½ from this second seam, another cut, offset the pat- nd sew with ½-inch seam. 'e've altered the length of t, instead of our 10½-inch rement, use a measurement presents 4 equal parts of er your skirt length is. forget to include hem and ntal seam allowances in de- ng this measurement).

n under 3-inch hem and own.

7. Cut slip of contrasting fabric. Front and back pattern pieces should measure 21 inches at the top tapering to 36 inches at the bottom. Pattern piece should be 34 inches long. After cutting these pieces out, stitch them together using a ½-inch seam allowance. Cut 3 bands of fabric 9 inches by 45 inches. Stitch together to form a circle. Fold double and press. Gather. Pin to bottom of slip and attach.

8. Sew slip to skirt by placing the two pieces together with the wrong side of the slip toward the right side of the skirt. This will

continued

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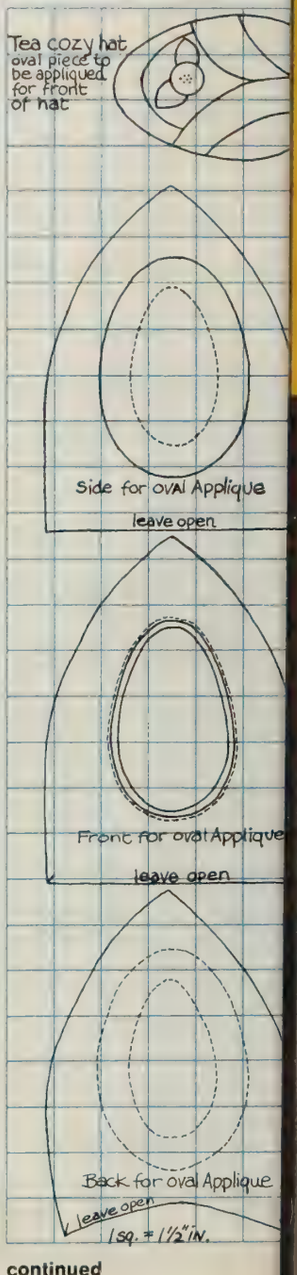
Gifts to stitch

put the two right sides both facing outward when slip and skirt are sewed together and turned. Sew with ½-inch seam. Turn and press seam. Cut waistband elastic to fit your waist measurement and stitch together to form a circle. Insert elastic between skirt and slip as close to the top seam as you can. Holding elastic in place, make a line of stitching 1¼ inch from the top seam. Go back and topstitch ⅛ inch f top edge to create a smoo elastic casing.

9. Make waistband tie by cut on the bias of the selected fa a band that is 6 inches wide 112 inches long when finishe can be pieced). Fold piece in lengthwise. Cut ends diagon Sew up open edges with the ception of about 6 inches in center of the tie. Clip the end ners; turn the tie right side by pulling it through the unse portion in the center. Press. under unsewn raw edges, and hand-stitch.

Tea cozy hat, page 99

Materials: 1 yard 45-inch cron/cotton broadcloth; ¾ heavy Dacron filler or bat fabric scraps for appliqué bias; cotton embroidery threa six strands floss; dressma carbon and tracing wheel, s of muslin or heavy cotton, N cotton darning needle.



continued



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Gifts to stitch

1. Enlarge drawing, make patterns, and arrange patterns on fabric. Cut 3 fronts (omit cutting out oval on two for lining), 2 backs, and 4 sides. From Dacron filler cut 1 front, 1 back, and 2 sides. From multicolor fabric scraps cut pieces for appliqué and a 1x18-inch bias strip. From muslin cut 1 oval.
2. Use carbon and wheel to transfer quilting patterns (dotted lines on drawing) to each sectio the hat.
3. Using our pattern or your crazy patch, appliqué to the lin oval.
4. Clip around the edge of which has been cut away or front. Turn edge under ¼ and baste. Press bias in lengthwise and pin all aroun derside of oval with ¼ showing on front.
5. Baste appliqué to one soli front, then baste both to hat with cut out oval, centering trim on cutout over appliqu
6. Position the Dacron filler between the above baste gether frontpieces and the maining hat front (this will b lining). Baste through all lay
7. Baste both sidepieces an back to the appropriate Da filler pieces. Using embroi cotton or floss, hand-quilt ovals on each piece by takin running stitches.
8. Place the appropriate f lining on the right side of quilted piece. Machine-s around edges leaving bot open (refer to drawing). curves and turn. With em dery cotton, blindstitch the end closed.
9. Working from bottom t of sections, blindstitch the sections together with em dery cotton.

Braided shoulder bag, page 9

Materials: Fabric scraps braid; 1 yard velvet or heavy fabric; 1 yard lining ric; carpet or button thread; ing needle or other heavy n large button.

1. Tear or cut fabric scraps 36-inch strips 4 inches wide. strips in half lengthwise, sides together, and mac stitch along long edge to fo tube. Turn tube right side o
2. Braid three tube strips tog tightly. When you come to e a strip, add another strip by ing raw edges inside and stitching tubes together.
3. Braid until length reach feet. Using strong thread large needle, coil the braid i spiral, sewing tightly as you
4. The body of your purse correspond to the shape an of the coiled braid. Cut lining pieces and 2 body (front and back) one inch than the braid.
5. Pin the lining pieces right together and stitch around, ing an 8-inch opening. curves and turn. Repeat for front and back.
6. Make an 8-inch button from velvet. Stitch securely side top of velvet backing.
7. Insert lining into purse, under raw edges along op

continued



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continued

Gifts to stitch

and tack to sides of purse, making sure loop extends out between lining and backing.
8. Tack coiled braid to the front of purse.
9. You can make a shoulder strap from either a velvet tube or a braid. Strap should be about 65 inches long since it extends around the bottom and sides of purse.
10. Attach button on front of purse below the top opening.

Backpack, page 99

Materials: 1 yard 45-inch Dacron/cotton broadcloth; 1 yard thin Dacron filler or batting; ¾ yard broadcloth for bias; fabric scraps for appliquéd strips; cotton embroidery thread or six strands floss; 2¾-inch brass rings; 1 wooden shank button; dressmaker's carbon and tracing wheel; #7 cotton darning needle; permanent felt-tip pen.
1. *Pack:* (Drawing on page 44) Cut two 11x40-inch pieces from the broadcloth, and one 11x40-inch piece from the thin Dacron filler.
Gussets: Cut two from broadcloth by placing short, straight end on fold of fabric, and cut two from thin Dacron.
Appliqued strips: Strip A—cut one 2x41-inch piece; Strip B—cut one 1x34-inch piece; Strip C—Cut one 1½x31-inch piece.
Strap: Cut two 4x30½-inch pieces from the broadcloth, and two 3x30-inch pieces from the thin Dacron filler.
Bias: Cut enough to make a 105-inch fabric strip (cut it 1¼ inches wide and finish to ¾ inch).
Ring tabs: Cut two 2x3-inch pieces from the broadcloth.
Front flap tie: Cut one 1x12-inch piece from the broadcloth.
2. Using felt-tip pen, lightly mark a ¼-inch seam allowance on both edges of Strips A,B,C.
3. Do not turn under the seams of Strip A; turn under one edge of Strip B; turn under both edges of Strip C.
4. Starting 15 inches from the edge of front flap, pin Strip A on outside of pack, mitering both corners and bringing strip up other side. Overlap the Strips B and C, pinning basted side on top of marked seam allowance. Appliqué in place, taking small running stitches with embroidery cotton or floss.
5. Using carbon and tracing wheel, transfer quilting pattern onto pack and outside of the folded gussets.
6. Pin backing piece, filler or batting, and front pack piece together. Baste. Put pins at right angles to quilting lines every two inches. Quilt, taking small running stitches with the embroidery cotton or floss.
7. Prepare bias, fold in half lengthwise, and press. Sew a bias on to the 11-inch edge opposite front flap. Sew by pinning and sewing bias to outside fabric, then folding bias over to lining side and doing same. Do not sew through all layers; just through the bias and single layer of broadcloth: in essence you are appliquéing bias to each side of fabric.
8. Construct strap by sewing the two 30½-inch pieces together by machine. Overlap the two Dacron strap pieces and sew by hand. Mark ½-inch seam allowance on outside of each side of strap. With marked side face down on table, fold over one edge along seam allowance and baste. Fold other side over 1 inch and press. Now bring basted side over to meet marked seam allowance and press. Open strap and place the Dacron, which has been folded in half lengthwise, along the center of the strap. Refold and pin the length of the strap, tucking in the ends of the strap. Find the middle of the strap and place it in the middle of the pack, overlapping the appliquéd strips ½ inch. Starting at one end of the strap, quilt on fold. When you reach area of strap pinned to backpack, start quilting through strap and pack layers ¾ inch in front side of pack. When you reach other side of pack, stop quilting through all layers ¾ inch from side of pack, as before. Continue quilting the strap only. When completed, return and quilt through all layers as shown on pattern.
9. Attach button where indicated on pattern.
10. Start pinning side perpendicular to folded edge of gusset to pack where indicated on pattern.
11. Fold ring tab pieces lengthwise and machine-stitch. Turn right side out.
12. After gussets are pinned to pack, pin ring tabs with rings as indicated on pattern and machine-stitch all around gussets using ¼-inch seam. Make sure straps are held out of the way so as not to catch them in stitching

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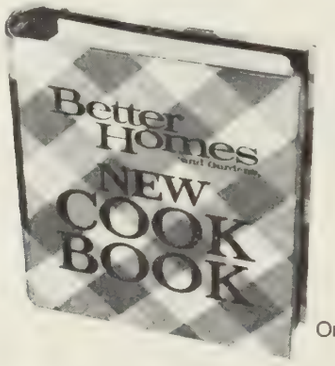
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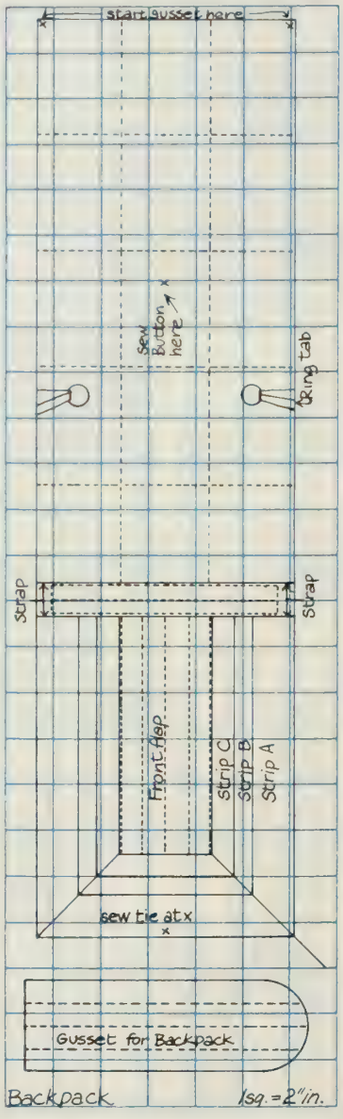
continued

Gifts to stitch

13. Make tie for front flap by folding lengthwise and machine-stitching end and side with ¼-inch seam. Turn right side out. Pin open end of tie ¼ inch from edge where indicated on pattern. Fold over to the underside and machine-stitch several times.

14. Starting at the same place gusset was started, pin bias around all raw edges. Refer to #7 for sewing instructions. Tack down the front flap tie to bias as you sew.

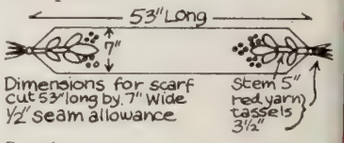
15. Thread straps through rings, adjust to your comfort, and tie in knot. To turn the pack into a shoulder bag, tie the straps together in a knot at desired length.



Vest, scarf, hat, page 99

Materials: 1½ yards each of 45-inch blue/white small check gingham and orange polyester/cotton fabric (lining); 1½ yards polyester batting; 9x45-inch pieces of green, fuchsia, and red polyester/cotton fabric; 1 package ½-inch green cotton bias tape; 2 skeins orange cotton embroidery floss; 2-oz. skein 4-ply red acrylic knitting worsted; Size 3 metal crochet hook; Size C aluminum crochet hook; small awl or punch.

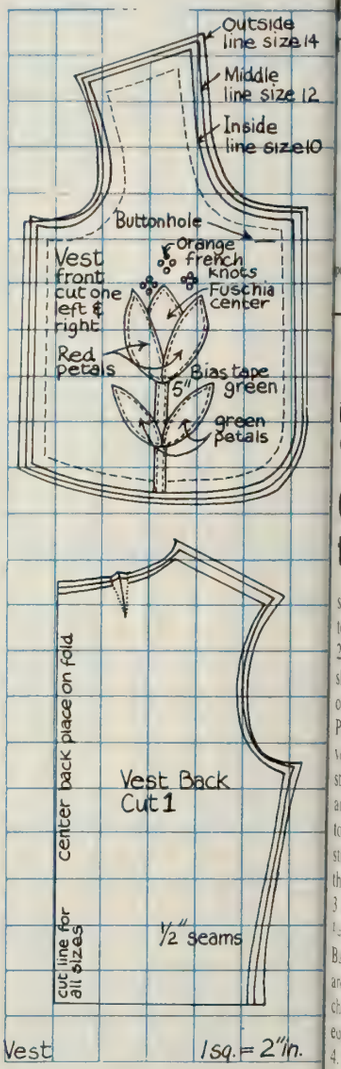
Enlarge pattern for desired size and cut out all pieces for vest, scarf, and hat from gingham, orange lining, and batting. Baste batting to all corresponding gingham pieces.



Scarf:

1. Pin orange lining on top of gingham side of scarf. Machine-stitch ½-inch seam around leaving a 6-inch opening on one side. Trim seams to ¼ inch, turn scarf inside out. Close the opening by hand.

2. Using 6-ply strand of embroidery floss sew an even basting stitch ¼ inch apart (through all 3 thicknesses) ¼ inch from edge for decoration. Set aside.



Vest:

1. Pin batting to gingham ves pieces. Sew up back darts. Stitc

continued

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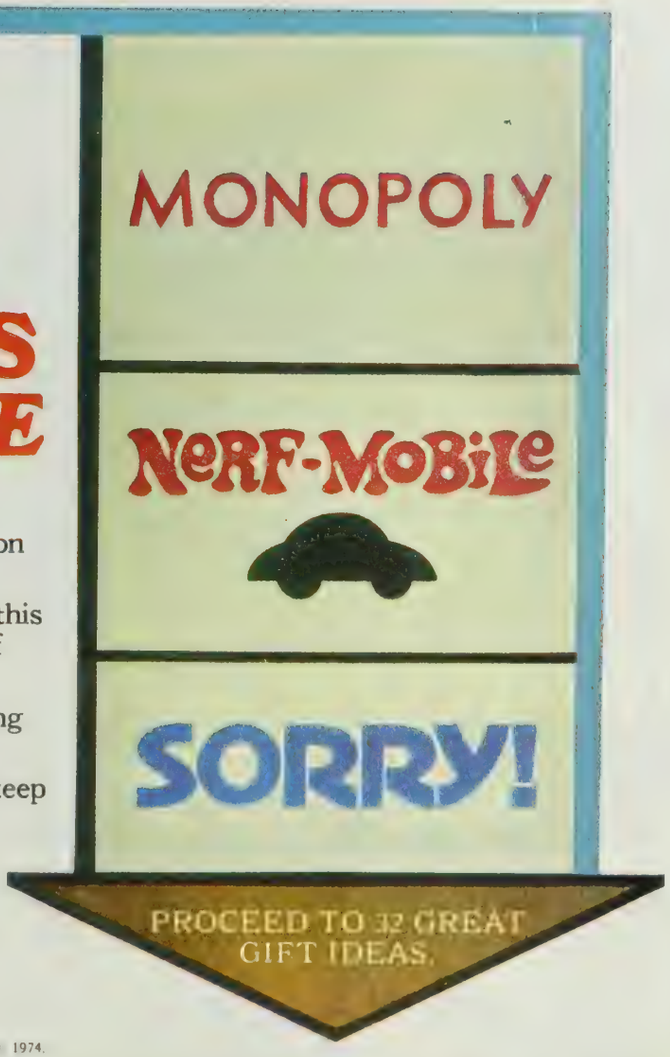
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continued

Gifts to stitch

shoulder and side seams of vest together. Press seams open.

2. Pin and stitch together darts, shoulder and side seams of orange lining. Press seams open. Pin lining to gingham side of vest, machine-stitch together starting at neck edge down front, around bottom edge and up front to neck on opposite side. Do not stitch around neck opening or the armholes.

3. Remove pins and trim seam to ¼ inch, turn vest inside out. Baste open seams together around neck- and armholes. Machine-baste stitch ½ inch from edge around neck- and armholes.

4. Using 6-ply strand of floss, embroider in same manner as the scarf trim.

5. Cut 1x36-inch bias strip from gingham. On right side of vest sew bias strip ¼ inch away from machine-stitching on neck opening. Cut two 1x18-inch bias strips from gingham for armholes. Stitch to vest in same manner as for neck. Trim seams of neckline and armholes to ¼ inch. Turn bias tape edge under ¼ inch and fold in half over the cut edges. Whipstitch in place to hold. Set vest aside.

Hat: (Drawing on page 54)

1. Assemble all six sections separately for hat by basting together lining, batting, and check fabric. Machine-stitch each section all around ¼ inch from edge. Set sections aside.

Tulip and leaf design:

1. Make a pattern for tulip petals and leaves from lightweight cardboard. When placing patterns on top of fabrics remember to allow ¼ inch from cardboard edge for turning under. Trace around each cardboard shape with pencil. Remove shape and cut ¼ inch beyond pencil line.

2. Cut stems from green bias tape, and pin where shown in diagram to all pieces. Work through all thicknesses and appliqué by hand with matching thread in a small running stitch.

3. Cut out ten fuchsia tulip centers as previously described. Trim sharp points down and slash edges down slightly ½ inch apart all around shape. Place cardboard pattern on top of cutout shape and steam press ¼ inch over cardboard to mark. Remove cardboard. Pin fuchsia center in place ½ inch down on green stem on each piece. With matching thread, appliqué to pieces with small running stitch at edge through all thicknesses.

4. Trace and cut out 20 red tulip petals. Place cardboard in center of each petal and press edge over cardboard. Remove cardboard. Trim points and slash edges as described for fuchsia centers. Pin 2 red petals in place over fuchsia centers. Let petals touch each other in middle center ½ inch up. Appliqué to pieces in same manner as for fuchsia center.

5. Cut out 14 green leaves, trimming sharp corners and slashing edges down as before. Press edge down over cardboard, remove cardboard, pin in place according to diagram. Sew in same manner as described above. With 6 strands of orange embroidery floss, work 4 French knots on top of each tulip where shown in diagram, on all pieces.

6. To finish vest make a ⅜-inch buttonhole on right side of vest, and sew a small red button on left side.

7. To finish scarf, make two red yarn tassels 3½ inches long. Wind red yarn around 4-inch piece of cardboard 20 times. Tie one end up, cut open other end. Wind yarn around tightly 1 inch down from tied end. Trim bottom edge evenly and sew tassels to each pointed end.

8. *Hat:* Pin and machine-stitch ½ inch from edge all 6 seams on hat. Trim seams to ¼ inch and zigzag raw edges.

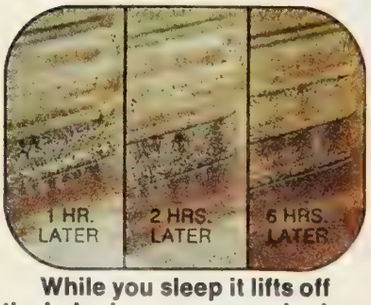
continued



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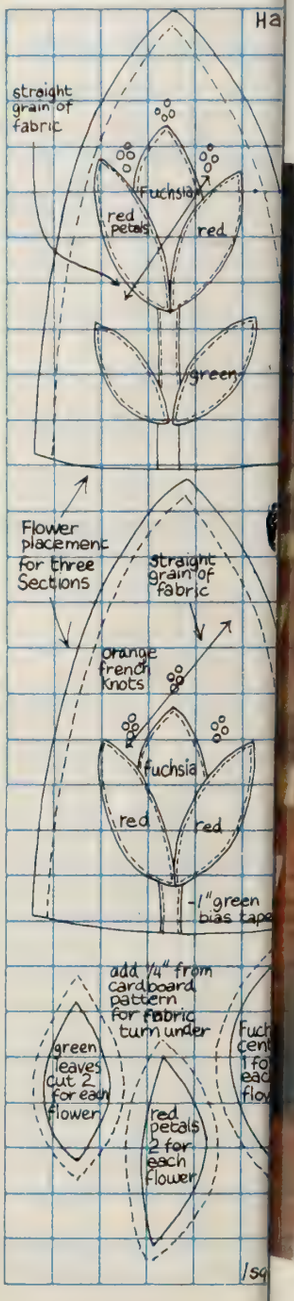


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continued

Gifts to stitch

Crochet red hat edge as fol
Rnd 1: (Note: punch hole crochet hook with small through all thicknesses as work around.) Using size metal hook work 1 sc ¼ apart all around edge of h st to beg sc, ch 1.
Rnd 2: With size "C" alum crochet hook, work 1 sc ir sc, *sk next sc, sc in next s peat from * around, sl st t sc, ch 1.
Rnd 3: 1 sc in each sc arou st to beg sc, ch 1.
Rnds 4 thru 6: Repeat as fo 3 but omit ch 1 at end of and end off.
Make a full 2¾-inch red pompon for center top of h sew in place to finish.



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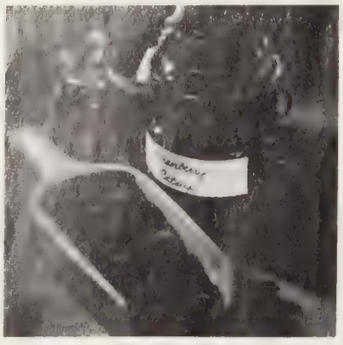
Holiday relishes

Tired of the carrot-and-celery-stick routine? Then try our three relish ideas to give your holiday meals a pleasant flavor lift.

CRANBERRY CATSUP

A tasty holiday gift—

- 4 cups (1 pound) fresh cranberries
- 2 cups finely chopped onion
- 2 cups water
- 4 cups sugar
- 2 cups white vinegar
- 1 tablespoon salt
- 1 tablespoon ground cinnamon
- 1 tablespoon ground allspice
- 1 tablespoon celery seed
- 2 teaspoons ground cloves
- 1 teaspoon freshly ground black pepper



In 3-quart Dutch oven, combine cranberries, onion, and water. Bring to boiling. Cover and simmer 10 minutes or till berries are easily mashed. Puree cranberry mixture in blender or push through sieve. In Dutch oven, combine the cranberry puree, sugar, vinegar, salt, and spices. Bring to boiling. Boil gently, uncovered, 30 to 35 minutes or till mixture is the consistency of catsup, stirring occasionally to prevent sticking. (Catsup will thicken on cooling.) Remove from heat; skim off foam. Ladle into hot canning jars, leaving ½-inch headspace. Adjust lids. Process in boiling water bath 5 minutes (begin timing when water returns to boiling). Serve with meats, wild game or poultry. Makes 2 pints.

CURRIED HARVEST FRUIT

Spoon this dazzling relish into your prettiest glass serving bowl to show off the kaleidoscope of holiday colors—

- 1 12-ounce package mixed dried fruits
- 1 13¼-ounce can pineapple chunks
- 1 21-ounce can cherry pie filling
- ½ cup dry sherry
- ¼ cup water
- 1 to 2 teaspoons curry powder



Cut large pieces of mixed dried fruits in half. In 2-quart casserole, combine dried fruits and *undrained* pineapple chunks. Combine pie filling, sherry, water, and curry powder; pour over fruits. Cover and bake in 350° oven for 1 hour. Serve warm with pork or ham. Makes 8 servings.

TANGY RELISH MOLD

Another time, layer in tiny individual molds and serve as a garnish with roast beef—

- 1 3-ounce package lemon-flavored gelatin
- 1 teaspoon salt
- 1 cup boiling water
- ¼ cup prepared horseradish
- ¼ cup prepared mustard
- 1 cup whipping cream, whipped
- ¼ cup sliced pimiento-stuffed green olives
- ¼ cup finely chopped celery



Photographs: Dieter

Dissolve gelatin and salt in boiling water. Divide mixture in half. Stir horseradish into one half and mustard into the other half. Beat each mixture till smooth. Chill both till partially set. Fold *half* the whipped cream and all the olives into the horseradish mixture. Fold remaining whipped cream and all the celery into the mustard mixture. Pour mustard mixture into 3-cup ring mold. Carefully pour horseradish mixture atop mustard mixture. Chill till firm. Serve with ham, luncheon meats, or roast beef. Makes 12 servings.





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Hot breakfast brews



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2 12-ounce cans (3 cups) vegetable juice cocktail
2 teaspoons lemon juice
1 teaspoon worcestershire sauce
Dillweed

In 1-quart saucepan, combine vegetable juice cocktail, lemon juice, and worcestershire. Heat, stirring occasionally, till bubbly, about 5 minutes. Pour into heatproof mugs. Sprinkle with dill. Makes 6 servings.

PEANUTTY MALLOW SMOOTHY

Sure to be a favorite of kids—

2 cups milk
¼ cup creamy peanut butter
1 tablespoon honey
4 marshmallows



In saucepan, heat milk till hot but do not boil. Pour into blender container; add peanut butter and honey. Cover and blend till smooth. Pour into four mugs. Top each with a marshmallow. Makes 4 servings.



Photographs: Dieter

ROYAL EGGNOG

A soft fluffy meringue tops each steaming serving—

4 cups milk
¼ cup sugar
4 teaspoons instant coffee powder
¼ teaspoon salt
2 beaten egg yolks
2 egg whites
3 tablespoons sugar
1 teaspoon vanilla

In saucepan, combine milk, the ¼ cup sugar, the coffee powder, and salt. Heat through. Stir a moderate amount of hot mixture into beaten egg yolks; return to saucepan. Cook 1 to 2 minutes more over low heat. Beat together egg whites, the 3 tablespoons sugar, and the vanilla to soft peaks. Pour eggnog mixture into preheated mugs. Top each serving with some of the soft meringue mixture. Makes 8 servings.



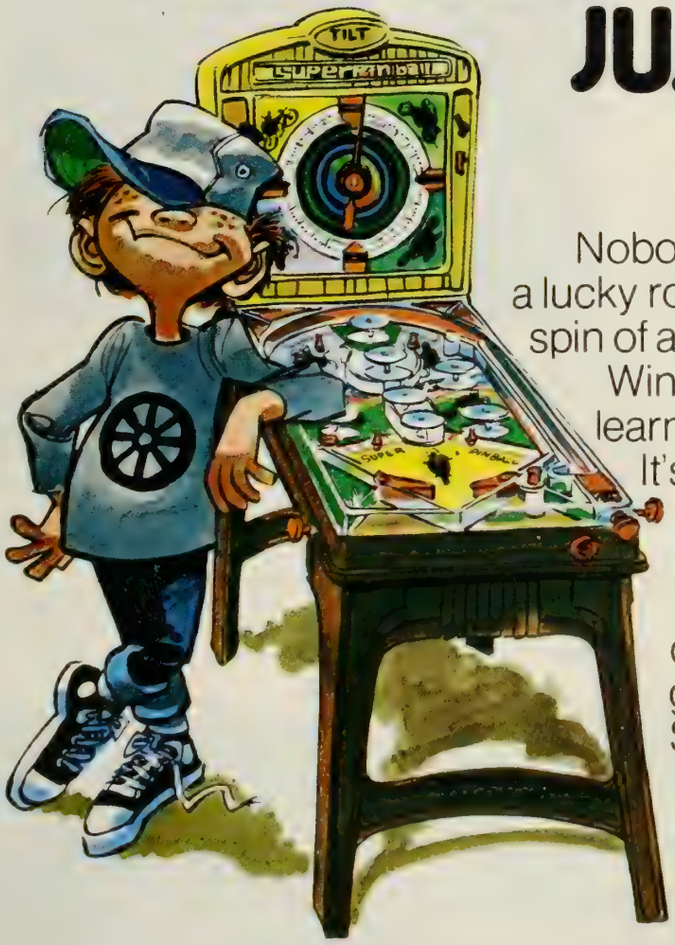
HOT CHOCOLATE MALTED

¾ cup milk
2 tablespoons chocolate-flavored syrup
2 teaspoons instant vanilla malted milk powder
1 pint chocolate ice cream

In saucepan, combine milk, chocolate syrup, and malted milk powder. Add ice cream by spoonfuls. Cook and stir over low heat till ice cream is melted and mixture is heated through. Pour into mugs. Makes 4 servings.



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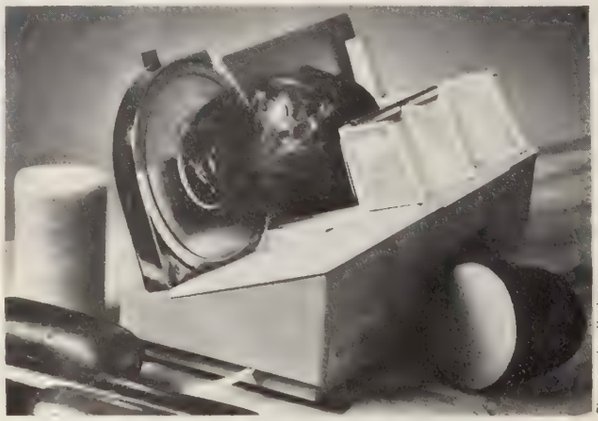
Appliances that help cut food costs

Kitchen appliances that once gathered dust in cabinets are making their way to front positions on cabinet counter tops. Here are a few examples of appliances and gadgets that can help you cut grocery bills and make food go further.



To make even the less tender meat cuts fork-tender, cook them in a pressure cooker. It not only tenderizes, it takes less time than conventional cooking.

If you've been leery of pressure cookers, you can be assured of safety by looking for the Underwriters Laboratory seal—and following directions carefully. Here's how to use a pressure cooker. First, sear your meat, then add liquid and vegetables. Fill the pan no more than ⅔ full to allow for expansion. Fit the cover on the cooker and twist and lock the lid. Place the regulator on the vent pipe and place the cooker on the range. Turn the burner to high heat to exhaust air from the cooker. When the cooking pressure is reached, the regulator will begin to rock back and forth. Start to count your time from this point. Then lower the heat to maintain just enough pressure during cooking. When the food is cooked, set the cooker on a heat-proof counter to cool. Electric pressure pans that require even less attention also are available.



Photographs: Hopkins

With an electric or manual slicer you can buy foods whole—sausages, cheese, large cuts of meat, slab bacon or briskets—then slice them yourself to whatever thinness you prefer. And when you're preparing recipes, your slicer makes it easy to get the precision look and fresh taste of thin-sliced vegetables and meats. This saves money because you pay for the cost of slicing when you buy prepackaged sliced food.

When shopping for a slicer, look for safety features such as a thumb guard and nonskid legs. Also make sure the machine disassembles easily for cleaning. Look for a slicer with a dial indicating thickness so you can choose the setting you prefer.

For best results, follow these suggestions:

- After every few slices of cheese, wipe the slicer blade with a damp cloth to remove edible



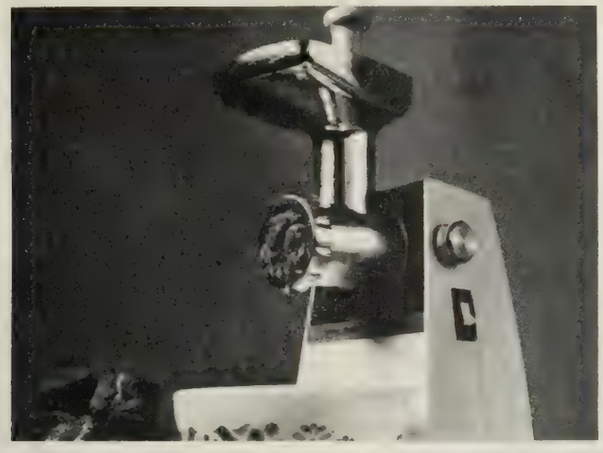
gum deposits.

• Remove tough casings from sausage and luncheon meats for easy slicing.

• Some meats such as canned corned beef, round steak, or flank steak slice best when they are chilled or partially frozen.

stuffer attachment into casings.

Most grinders come with a pusher to help you direct food into the grinder uniformly. Usually two cutting discs accompany each unit—a coarse and a fine disc. All models are easily disassembled for cleaning.





Grinding raw meats, fish, and cheese is less of a grind today than in Grandma's era. Now you can find efficient grinding units in one compact design, or as attachments to electric mixers, or as part of appliance centers.

With meat prices eating up a good deal of the family food budget, it pays to consider how to make meat go furthest. Grinding breaks down meat fibers so they're more tender. Add seasonings and you'll end up with a tasty, tender ground meat that's perfect for savory meatballs, meat loaves, or meat pies. A grinder also turns out fresh-tasting sandwich spreads, hash, soup bases, or seasoned crumb mixtures for coatings.

A grinder can also make special food for those on special diets —senior citizens, dieters, or babies. It can treat a gourmet to a smooth pâté or steak tartare. Homemade sausage is a breeze when you grind your own meat and spices through the grinder. Push the meat through the plastic

Everyday kitchen gadgets like these can help you whittle down food costs. (Clockwise from bottom left.)

• Use a wooden or metal meat tenderizer on less expensive, less tender cuts. Buy meat when it's on sale and make your own minute steaks or pork cutlets.

• Use a gravy maker, like the two we have pictured, to thicken meat juices. Shake up a little flour with water, milk, or broth, then stir into meat juices till they're thickened and bubbly.

• Use a shredder to make food go further. Shred carrots into salads instead of serving sticks. Shred cheese over sandwiches instead of serving slices. Shred potatoes for pancakes instead of baking whole potatoes.

• A food mill can make tasty applesauce out of bruised apples that lack appeal for eating out of hand. You can also use it to make your own relishes or soups.

• Add color and interest to everyday food with a parsley mincer. The fresh green sprinkled atop will make casseroles and vegetables look pert. ■



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Turkey roasting chart

Turkeys for roasting come in all sizes and shapes these days, but that needn't befuddle you this holiday season. Just clip and post our cooking information in your kitchen so you'll have all the answers right at hand.

To thaw turkey, place the bird in its original moistureproof wrapping in the refrigerator. Or, place the wrapped bird in a pan of cool water; change water often. (Warm or hot water raises the temperature of the outside of the bird too quickly.) After thawing, free legs and tail. Remove wrapping; then remove neck and giblets.

To roast whole turkey, preheat oven to 325°. Rinse thawed bird; pat dry. Stuff wishbone cavity; skewer neck skin to back. Tuck wing tips behind shoulder joints. Rub salt in body cavity; lightly fill with stuffing. Push drumsticks under band of skin at tail (or tie to tail). Brush bird with melted shortening or cooking oil. Insert meat thermometer in center of inside thigh muscle making sure bulb does not touch bone. Place turkey, breast side up, on rack in shallow roasting pan. Cover with a loose "cap" of foil. Avoid having foil touch top or sides.

When turkey is two-thirds done according to chart, cut band of skin or cord at tail so heat can reach inside of thighs. Continue roasting till meat thermometer registers 185°. Thickest part of drumstick should feel very soft when pressed between fingers; the turkey's drumstick should move up and down and twist easily in the socket.

To roast halves or quarters, preheat oven to 325°. Season cut side of turkey with salt. Place, skin side up, on rack in shallow roasting pan. Brush skin with melted shortening or cooking oil. "Cap" loosely with foil. Insert meat thermometer in center of inside thigh muscle or thickest part of breast, making sure it does not touch bone. Forty-five minutes before end of cooking time as indicated in chart, remove foil. Continue roasting, uncovered, till meat thermometer registers 185°.

To roast turkey pieces, preheat oven to 325°. Rinse turkey; pat dry. Place pieces, skin side up, on rack in shallow roasting pan. Brush with melted shortening or cooking oil. Insert meat thermometer into center of thickest muscle, making sure it does not touch bone. Roast, uncovered, as specified in chart or till meat thermometer registers 185°.

To roast in covered pan, preheat oven to 350°. Prepare bird as above and insert meat thermometer. Place, breast side up, on rack in roasting pan. Do not add water. Cover pan with lid or cover tightly with foil. Roast 11- to 12-pound turkey for 3 hours. Remove cover and cut band of skin or cord. Baste turkey with pan juices; roast, uncovered, about one hour more. The turkey will not be as golden as when the uncovered method is used. Meat thermometer should still read 185°.

To roast in cooking bag or wrap, preheat oven according to manufacturer's directions. Prepare bird as above and insert meat thermometer. Be sure to coat bag or wrap with at least one tablespoon flour to prevent bursting and release of hot fat and juices. Manufacturers also recommend that holes be punctured in the top of bag as a safety precaution. Use a pan large enough to hold the entire contents of bag or wrap, and deep enough to collect any juices released during roasting. The pan will need to be at least 1½ to 2 inches deep. Follow manufacturer's directions for roasting in the cooking bag, but rely on the meat thermometer for determining true accuracy of doneness.

Turkey Roasting Chart
325° oven

Type	Purchased Ready-to-cook weight	Guide to total roasting time
Whole	6 to 8 lbs.	3½ to 4 hours
	8 to 12 lbs.	4 to 4½ hours
	12 to 16 lbs.	4½ to 5½ hours
	16 to 20 lbs.	5½ to 6½ hours
	20 to 24 lbs.	6½ to 7½ hours
Halves	9 to 10 lbs.	5 to 5½ hours
Hindquarters	2 to 6 lbs.	2 to 4 hours
Breasts	2 to 8 lbs.	1½ to 2½ hours

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PETS Douglas M. Lidster



How to care for caged pets

The cuddly little caged pets we talked about last month—guinea pigs, hamsters, and rabbits—have cousins that make equally enjoyable pets. While many mothers have a difficult time finding a place for gerbils, rats, and mice in their hearts, these animals require much less space and care than dogs and cats do. In fact, these quick little creatures ask little more than love, and kids supply that.

Gerbils

In case you're not familiar with the newest addition to this group of small pets, the gerbil is a bright-eyed rodent, smaller than a hamster and bigger than a mouse. How to pronounce "gerbil" is open to question. Even breeders and zoologists haven't settled on whether the "g" is hard or soft, so don't worry if you're not sure whether you're buying a "gur-bil" or "jer-bil."

Gerbils came to this country from the deserts of Mongolia in about 1954 and have been climbing in popularity ever since—even though they're slightly more expensive than hamsters, and domesticated rats and mice.

The life span of a gerbil in captivity is generally three to four years. His productive period is about two years. You'll find gerbils are clean, odorless, and diurnal, which means they're awake during the day and asleep at night (unlike some pets in this group who are most active when the household is asleep). Gerbils can be readily tamed and they're affectionate. When kept alone and deprived of other gerbil company, they become even more affectionate and dependent on their human companions. Gerbils are quiet, with almost inaudible squeaks.

Housing for the gerbils can be a metal cage from the pet store, an aquarium tank (five gallons or larger), or a homemade cage of heavy wood and hardware cloth. The one requirement is that the cage lets you and your pet watch each other.

If you're planning a homemade cage, remember, gerbils do gnaw, so use heavy enough wood and line the floor with metal. An old cookie sheet will do.

Whatever the cage, it will need a cover. This can be a piece of ¼- or ½-inch hardware cloth, bent at the corners to fit down over the cage. Gerbils can be kept outdoors as long as the temperature is moderate and they're protected from the elements and direct sunlight.

Your gerbils will enjoy an exercise wheel and a tunnel, made by opening both ends of a can. They'll also appreciate a piece of untreated wood on which to climb and chew.

Bedding is important, and it must always be kept clean and dry. Your pet store sells commercially packed cedar chips treated with chlorophyll or you might want to buy wood shavings from a lumberyard. You can also use sand or kitty litter. Gerbils are particularly fond of small (3x3 inch) squares of burlap, which they

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port* that frees more of t
low notes often trapped
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*patent pending.

tear up and make into a fluffy bedding that looks like downy cotton.

With only a couple of gerbils in a cage, you won't have to do a complete cage cleaning more often than once a month. Just add a few fresh cedar chips to the cage every week or so.

Choosing a gerbil isn't much of a job, since they all look alike and they're relatively disease-free. But there are a few things to check before you settle on a particular pet. A healthy gerbil is always active—if he's sluggish, he's sick. His fur should be sleek, thick, and luxuriant. His eyes should be bright and his body plump and firm.

The best time to bring your pet home is just after he has been weaned at about six weeks of age. If a female gerbil is known to be more than two months old and has been living in a community cage, better not buy her unless you're prepared to have a whole family of gerbils before long.

As far as the sex to choose, both female and male gerbils are docile. The female may be more nervous when she's pregnant or nursing. If you want two gerbils without a second generation, two females will coexist better than two males.

Pick up your gerbil by the tail, close to his body. He's very quick and could be hurt if he leaped from your hand. When he's sitting on your hand, better keep the other hand on his tail for security. Until you and your gerbil get acquainted it's best to keep your fist closed when you put your hand in his cage. If you don't, he may nip a finger thinking it's something to eat. If you have a little food in your fist and open your fingers slowly, the gerbil will soon be eating out of your hand. While he's eating, gently scratch his back and ears. Then once he's comfortable with you, you can pick him up.

Feeding is no problem. Pet stores have commercially packaged pellets to nourish gerbils. Or, you can feed gerbils sunflower seeds and kibbled dog or cat food. A gerbil's diet in his natural habitat consists of seeds, grasses, roots, and grains.

A gerbil isn't a big water drinker. In his native desert, he probably subsisted on the dew on grass. Even so, make sure your gerbils always have a ready supply of fresh water. A gravity water dispenser works best. Otherwise the gerbil might spill his water or fill his water dish with bedding.

Some gerbils are inclined to hoard and may store leftover food in a corner of their cage. Give them a little less food at each meal and the cage will stay cleaner longer.

Soft food, citrus, and raw meat are not advisable because they can cause diarrhea. And raw meat might just turn your vegetarian gerbil into a cannibal.

Gerbils are rarely ill if their living quarters are kept clean and draft-free.

If you're breeding your pets, you should know the gestation period is about 24 days and there are anywhere from one to six babies in a litter. The average litter is four to six.

Rats

Rats are smart—and, believe it or not, they're lovable and affectionate, too. If you're only going to have one or two as pets, you had better plan on petting them a great deal to make up for their lack of rat companionship.

A rat's life span is approximately 1,000 days and they live 30 times faster than man. Given their choice, they'll sleep all day and play all night. They have relatively poor eyesight and make up for this shortcoming through the use of their other senses.

Since rats are active, they need a sizable cage. One designed for hamsters will work nicely. Even a bird cage will provide a good home for your pet rats. You can use an aquarium if you make a secure top for it. Use ½-inch wire mesh to be sure the rats can't raise the top and crawl out.

If you use a solid-bottom cage or aquarium, put bedding material in the bottom of it. Bedding can be wood shavings, excelsior, wood chips, shredded paper, or fresh hay. Be sure to change bedding once a week. Every month take the rats out and wash the cage thoroughly.

Don't forget rats are the natural enemies of mice and hamsters so they can't be caged together. Cats, and very often dogs, will attack rats and mice so if you have a canine or feline hunter in your house, make sure the rodent cage is locked and out of paw's reach.

Buy your pet rat when he's just been weaned—about a month old. The younger the rat, the easier it will be to tame him.

Pet rats come in a large array of colors, so selecting one can be fun. Look over the rat's cage in the pet store. If the cage isn't clean and sanitary, go to another shop. Unsanitary conditions breed disease.

Handling your rat involves some special techniques. Very tame rats can be picked up with

continued

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continued

How to care for caged pets

your hand around their middles. But rats in the process of being tamed should be handled by holding them by the tail, swinging them up onto your arm, and then slipping your hand around their middles. You can pick them up by the scruff of their necks, too, but don't carry them this way. Never grab a mouse or rat by the tip of his tail; you may pull the skin off with your fingers.

Rats eat anything. Your job is to make sure they're eating what's good for them. Whole grains or kibbled dog food are acceptable foods. Or, for variety, you can feed rats boiled carrots, mashed potatoes, or parsnips occasionally. A lettuce leaf or a piece of apple is also good.

Water should be offered in a gravity dispenser hung in the cage.

Give your pet rat some hard-shelled nuts to chew on. He needs these to keep his teeth from growing too long. Beef bones are also good for his teeth.

Illnesses occur in rats and you should be on the lookout for symptoms. Lusterless fur, loss of appetite, wheezing, running with the back arched, and loss of hair are a few of the symptoms that signal a diseased rat.

Probably the most common diseases of rats are pneumonia and other respiratory ailments. They can be cured, but the cure is expensive. It's more humane to have the rat destroyed.

Breeding can take place when rats are only ten weeks old. The gestation period is three weeks, and the litter may contain from five to 16 babies, usually around seven.

Mice

Mice are the smallest mammal ever domesticated by man and they're probably the most prolific. Today there are over 70 varieties to choose from and although everyone thinks in terms of white mice, the pet mouse comes in all colors and markings.

Mice represent a small investment, and require very little upkeep. They're quiet, and female mice are odorless. If you don't have a cat to be frustrated by a mouse in the house, it could be an ideal pet.

A mouse house can be just about anything that gives your pet room to run and protection from moisture and drafts. The cage need not be elaborate; the simpler it is, the easier to clean.

Keep the cage well lit, dry, and well ventilated with a tempera-

continued on page 163

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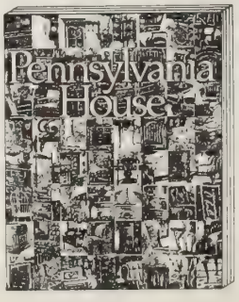
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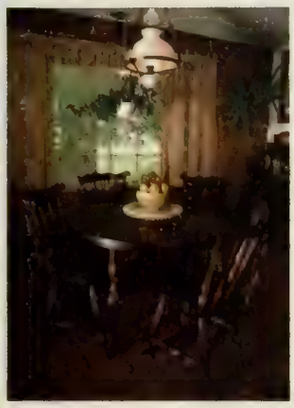


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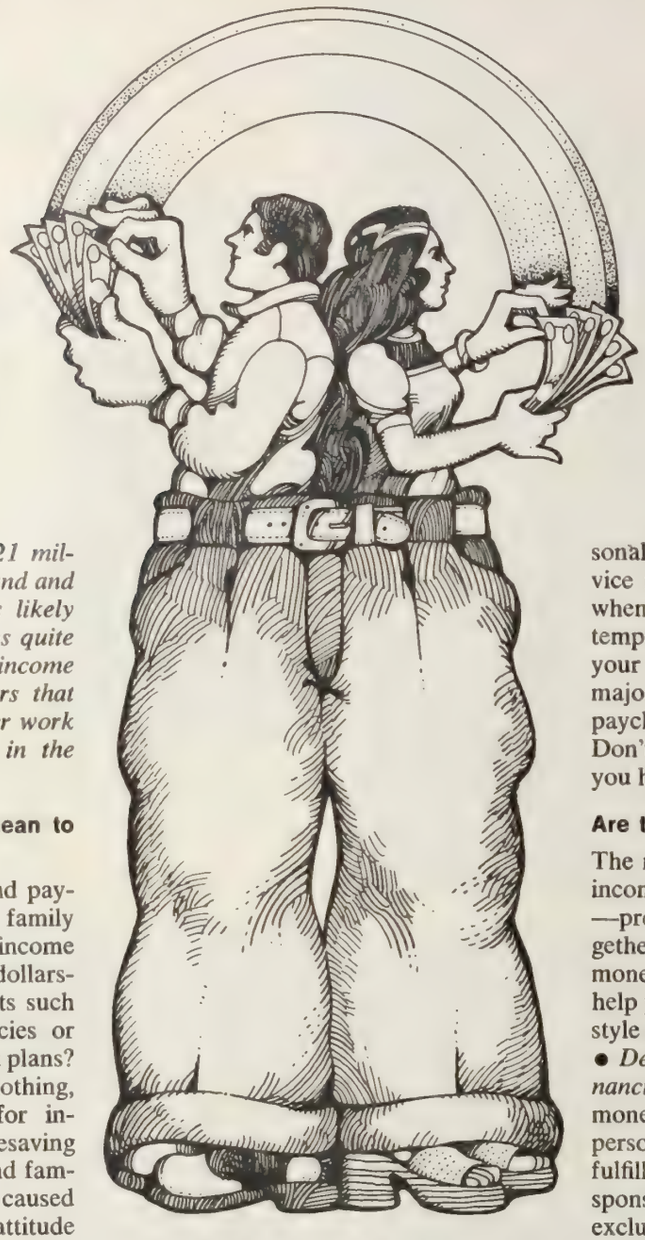
Tucked away in the rolling hills of Pennsylvania is an American phenomenon. A land seemingly untouched by time. There is still the old country store down the road. And the same great stone houses that existed two centuries ago. It's this same kind of timeless beauty you'll find in Pennsylvania House furniture... the beauty of the naturals. Here are true-to-the-past designs that are totally uncontrived... easy country styles etched with deep, dark natural wood grains... upholstery snuggled up in textured homespuny fabrics. How far is the country from where you live? As close as Pennsylvania House... naturally.

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TWO INCOMES? HERE'S HOW TO MAKE THE MOST OF YOUR MONEY

If yours is one of the more than 21 million U.S. families where both husband and wife work at least part time, it's likely you face a set of financial decisions quite different from those of a one-income household. Here are some pointers that may help your paychecks and other work benefits stretch further now and in the future.

What does the second income mean to your family?

Do you know how much the second paycheck really contributes to your family purse? How much money goes to income taxes and social security? What the dollars-and-cents value is on fringe benefits such as health and life insurance policies or company investment and retirement plans? What about hidden costs—extra clothing, transportation, and child care, for instance? How much goes to timesaving shortcuts like convenience foods and family meals out? Has the extra income caused you both to adopt a too-easy attitude toward spending?

None of these questions implies that you should quit working if the job isn't producing the net cash you had thought; how you feel about earning that income is most important. Still, it's smart to take an eyes-open look at exactly what the second income contributes to your family in cash and benefits, and what hidden monetary and emotional costs it exacts.

What are your attitudes about money?

Is it a matter of "your" money and "my" money? Or is it a combination of "yours," "mine," and "ours?" Should you pool earnings and work with one income? Should you split the cash into separate accounts? Given your tastes and circumstances, what are the most practical methods for controlling daily cash-flow and meeting future money goals?

Experts generally agree that too much emphasis on "mine" and "yours" may cause difficulties, yet it is reasonable and even advisable for some of each partner's earnings to remain his or her own. Even if you pool your resources, consider taking out personal allowances—or using two checking accounts—to give each of you some money for personal spending.

Once you have an honest idea of what each of you thinks about "mine," "yours," and "ours," you must decide what expenses should fall under which category. Should one income pay household expenses, the other long-range costs? Should you pool paychecks, then withdraw explicit amounts for specific accounts separated by function, such as college for the kids, vacations, or your retirement?

The answers will have to fit your personal needs and goals. The only sure advice money managers agree upon is that when a second income is relatively small or temporary in nature, it is wise to keep your living costs within the limits of the major income and to set aside the second paycheck for special purposes or extras. Don't plunge into major expenditures until you have money on hand to cover them.

Are there general rules?

The most important tip for managing two incomes is to follow some regular system —preferably one you have worked out together. Although no two families deal with money exactly alike, these guidelines may help you tailor a program to suit your lifestyle and finances.

- *Determine both family and personal financial goals.* What do you want from your money as a couple or family, and what personal objectives do you each want to fulfill? Who do you think should be responsible for which goals? Is investing the exclusive province of the man? Must the wife handle all daily shopping decisions? Or are your attitudes about such matters more flexible?
- *Establish an overall plan for spending, saving, and investing.* Do so, regardless of the way you share your earnings and financial responsibilities.
- *Divide responsibilities.* Who will assume the major responsibility for each of many specific tasks, such as managing joint checking accounts, paying bills, keeping records, preparing tax returns, and making insurance and investment decisions? Interests, abilities, and available time will help determine these decisions, just as they would in one-income families.
- *Keep each other informed on a regular basis.* Each of you should be prepared to take over the other's money chores if it becomes necessary.
- *Agree upon the maximum amount either of you will spend without consulting the other.* This could avoid some severe conflicts later on.

continued

Drawing: Hellman Design Associates

How to make sure your camera and the pictures you want to take are at the same place at the same time.



Picture-moments often happen in the strangest places at the oddest times. About the only way you can be sure to get the pictures is to carry your camera with you everywhere every day.

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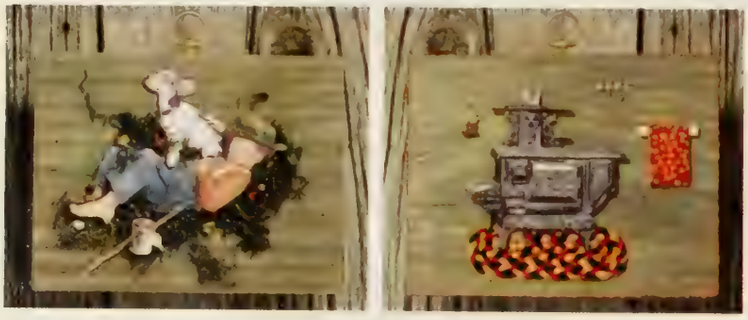
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Joint, separate, or both? What types? Consider these possibilities carefully:

- In states where joint accounts may be frozen upon the death of one partner, you should have some separate accounts—at least to furnish cash until the joint accounts are opened again. Check local practices with your banker or lawyer.
- Evidence of individual earnings and family financial contributions can help avoid unnecessary estate taxes when a partner dies. Your cash flow figures in individual accounts may prove who contributed what to various assets, and any contributions that were clearly paid for by the survivor won't be taxed as part of the partner's estate. If the second income is being put aside for a down payment on a vacation home, for example, you can deposit part of the second paycheck into a special account regularly. When you make the down payment, you'll have a record of withdrawal of cash from an account whose source was clear from the beginning.

You might handle mortgage payments the same way—perhaps splitting them between accounts you each maintain to show you both are contributing to the home. Records of separately earned accounts also can help clarify property settlement issues in the event of divorce.

- Separate accounts may pay off in estate tax savings when one of you earns significantly more than the other. The higher earner simply reduces his or her estate each year by transferring up to $6,000—the annual non-taxable gift allowance for married couples—to the spouse's account. The gift is not reversible except by choice, of course; once the money goes into the separate account, it belongs to the owner of that account. Make sure it's a completely separate account without access by the gift-giver, or you may forfeit the tax break.
- Consider separate savings and checking accounts if one of you is in a business which leaves you vulnerable to lawsuits of various types. In some cases a joint account could be tapped by a court judgment; a separate account of the spouse not involved in the suit generally would be untouchable.
- Savings in any single account are insured up to $20,000 by the government. (The ceiling may have risen by now, thanks to action pending in Congress as we go to press.) If your cash will add up to more, set up as many accounts as you need so that all your funds will be fully insured. Don't overlook "in trust for" accounts for your youngsters. They are legitimate separate accounts even though you retain deposit and withdrawal rights. Before opening such an account, however, be sure you understand what will happen to it in the event of your death. Check with your lawyer.
- Use different checking accounts as cash-flow budget tools. One account could govern fixed monthly costs, such as mortgage and installment loan payments. The other could supply day-to-day cash for food, gas, and so forth. Or you might have a joint account for household and other dual expenses, and separate accounts for individual work-related and personal needs. In either case, consider your needs for income and estate tax record keeping as well as your desire for a sense of independence.
- Before setting up more than one checking account, find out costs at your bank. If separate checks and monthly charges seem steep, set up a joint account, then use separate, cost-free savings accounts for personal and emergency needs.
- Experts say it's wise to set aside about three months' take-home pay for ready access. A second breadwinner, of course, helps soften the blow of possible job loss or temporary disability. In any event, keep your checking account balances as low as you can without incurring penalties or jeopardizing an orderly financial flow. Then put the rest of your emergency funds in a savings account so they can be earning interest.
- Savings accounts which allow easy withdrawals ("passbook accounts") usually pay relatively low interest rates—at present, up to 5¼ percent at the thrift institutions and five percent at commercial banks. Keep your short-term cash in such accounts.
- If possible, put short-term savings in a day-of-deposit, day-of-withdrawal account to get the best interest breaks.
- Once your emergency savings are set up, look into longer term, higher interest accounts for your surplus cash. These cost $1,000 or more and currently pay up to 7¼ percent, unless you withdraw funds before the full term. In that case, you will probably forfeit three months' interest, and the overall rate drops retroactively to the current passbook rate. Generally, savings certificates are a good backup for emergency cash. In these high inflation times, however, you should also look for other ways to make savings grow faster.

• Separate savings accounts for eparate purposes can help your udget. Add up your periodic an- ual outlay for items such as in- urance and taxes, for example. Divide the total by 12, then put side that amount each month in separate account. Try to time ayments of these bills at the end f the quarter, so you earn the ull three months' interest.

Separate accounts also help ith record keeping for estate tax r other purposes.

redit

wo paychecks may create a ense of security not entirely justi- ed by the size of your combined comes. Keep total obligations ithin the limits of your joint bility to repay, and set an upper mit on the amount of future in- ome you are able and willing to ommit to installment payments. hen work out a system for keep- ng track of credit purchases as ou go along. Also decide who ill assume the prime responsi- ility for watching over different redit accounts.

Like it or not, women still have ifficulty establishing their inde- endent credit-worthiness in any parts of the country and ith various institutions. It is es- ntial for a woman to build up er credit rating—especially nce newly divorced or widowed omen often find that having no ersonal credit standing can be a rious financial handicap. Try to range at least a few accounts in e wife's name only. If you run to difficulty even though your come and payment records ow you are a good credit risk, k for the credit manager, and ntact local civil rights organi- tions if discrimination persists.

Separate credit accounts also n provide essential tax records hen either or both of you incur siness expenses. Remember at travel and entertainment edit cards have an annual harge of $15 or more—a tax- ductible expense, if you use the rd primarily for business.

operty ownership

e most popular form of joint nership is joint tenancy, which eans the property automatically sses to the survivor upon the ath of one of the joint owners. hen you both earn money and ntribute to the purchase and aintenance of property, joint nership seems only fair. Often s both fair and smart; however, does not always pay. Consider ese points:

Financial and legal decisions ncerning jointly held property quire the consent of both par- s. In the case of incompetence one party or a disagreement tween the two, court action may be necessary to dispose of or alter the status of the assets.

• You may incur gift taxes when you place property in joint tenancy. There are various exemptions and exclusions to the gift tax, so check with a tax lawyer before making the switch.

• Jointly held property will often be subject to estate taxes in the estate of the first joint owner to die. Be sure you maintain adequate proof of what the other owner contributed to the purchase and improvement of the joint property, since this contribution can be excluded for estate

continued on page 154

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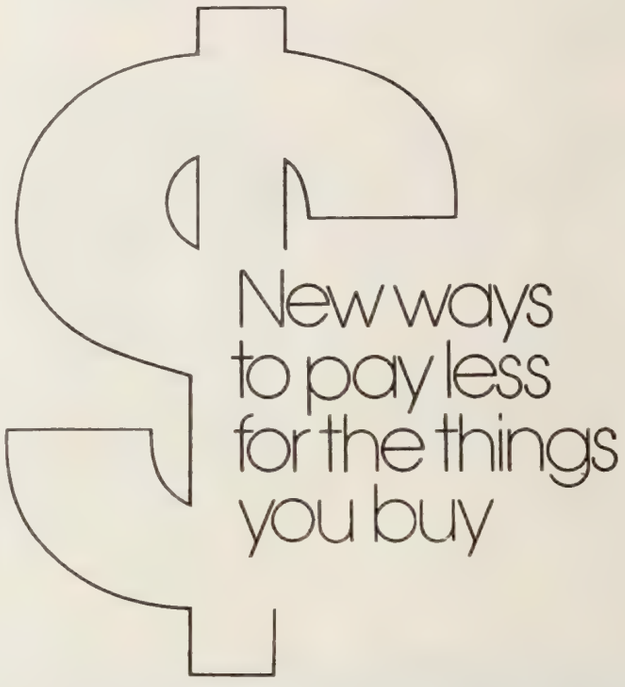
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In recent years, several new types of discount operations have sprung up across the country. They enable you to buy a wide variety of items—from television sets, typewriters, and toasters, to cameras, carpeting, and cars—at prices far below what you would pay through customary retail channels. The special prices of these new discounters are often as much as ten to 40 percent below list, and sometimes more.

As you consider the following kinds of bargain places to shop, remember that you may not be able to take advantage of them for a few weeks—perhaps not in time for Christmas shopping. With some, it can take time to set up your account initially and transact orders. With others, however, the bargains are as close as your phone or a short trip in the car.

Referral buying services

These services allow you to go to participating dealers and buy big-ticket items, such as major appliances, furniture, photographic equipment, carpeting, jewelry, cars, and boats, at huge discounts. Your savings can be anywhere from ten to 60 percent below the so-called "list" or suggested retail price; 25 to 35 percent off is the average.

Although these referral buying services are heavily concentrated in the East, you will find them in over 20 metropolitan areas throughout the country. Here's how they work:

To use a referral buying service, you generally must belong to an affiliated organization, such as an employees' group, union, professional association, fraternal order, or church group. Your company or group may already be signed up with such a service. If not, you may be able to arrange a deal with a referral service anyway, presuming you belong to a sizable organization (preferably 100 or more members) and there's a service covering your area. Check the yellow pages of your telephone directory, under "Buyers' Service."

When you want to buy a particular item this way, you phone the buying service, telling them your organization, name, address, and what you want. The service then will mail you a purchase certificate with the name of a nearby dealer. You present this certificate to the dealer, who will sell you the item at the special discounted price negotiated by the buying service.

You are not under any obligation to buy. Nor are there fees or dues to pay. Generally, the services make their money from commissions from the dealers, and dealers give you low prices because of the enormous collective buying power of the tens of thousands of consumers who may belong to a single service.

Depending on the item, the price will average anywhere from four to ten percent above the dealer's cost, with the buying service getting about a fourth of this markup. Thus if merchandise with a suggested retail price of $167 costs the dealer $100 (about 40 percent off), you pay seven percent above this, or $107. The dealer gets $5 of the $7 profit, and the service earns a commission of $2.

Since the dealer has a relatively small profit margin, you generally have to pay cash; credit cards are not accepted on all items. Also, because commissions do not amount to much on low-priced merchandise, the services usually deal only in big-ticket items. Once in a while, a service will refer you to sources of lower priced products, such as small appliances, paints, wallpaper, clothes, and sporting goods. Fair-traded merchandise generally is not supposed to be discounted, but you may be able to get some of these items at discount prices, too, if you ask.

Cars are handled somewhat differently. You pay a flat fee of $100 to $125 over the dealer's invoiced cost for most domestic makes and models, and your savings can range from $150 to $500 or even more, depending on the car you buy, prevailing prices in your community, and the time of year. With some domestic cars, such as Lincolns and Cadillacs, and many foreign makes, dealer markups are considerably higher—perhaps as much as $700 or $800. Even so, you should realize substantial savings. Trade-ins are discouraged, though sometimes accepted; you would probably be better off trying to sell your old car privately. However, you can arrange time payments for cars in the usual ways.

One of the largest of the referral services is the *United Buying Services,* 747 Third Avenue, New York, N.Y. 10017. It has over 350 participating dealers who serve almost three million people, representing over 1,000 organizations in the Greater New York area (including New Jersey and Connecticut). UBS is a division of Atlanta's Rollins Buying Services in the Atlanta, Boston, and Dallas metropolitan areas.

There are several other United Buying Services—not affiliated with the Rollins company—throughout the country, in Atlanta, Baltimore, Chicago, Detroit, Houston, Indiana, Los Angeles, Louisville, Minneapolis, Philadelphia, Pittsburgh, St. Louis, and Washington, D.C. All belong to the *National Association of Buying Services* (NABS), 5480 Wisconsin Avenue, Chevy Chase, Md. 20015, a network serving 13 million people altogether. Write NABS for the address and phone number of the member organization nearest you.

These members of NABS do not go under the UBS name: *Mass Buying Power,* in the Greater Boston area; *Universal Buying Systems,* Albany, N.Y.; and the *Better Buying Service of America* (BBS) 400 Madison Avenue, New York, N.Y. 10017. The latter serves 400 organizations representing over 1,400,000 members. Unlike the Rollins Services, BBS will quote prices on the phone to people who want merchandise to be shipped to them C.O.D. Also, if you buy any item (except a car) through BBS, and within 30 days you find that you can get the same item from any legitimate retailer for less money, BBS will refund the price differential, plus 20 percent of the difference as a bonus.

To learn of other services in your area, check the yellow pages. Some services do not even require you to be a member of an employee or similar group. For example, if you have $1,000 or more on deposit at the *Coast Federal Savings and Loan Association* (headquartered in Los Angeles), you are eligible for membership in the institution's Insider's Club, whose 200,000 members are referred to 200 sources offering discounts on most types of merchandise, travel, and entertainment.

For an annual membership fee of $10, *United Shoppers Association, 99 N. Main Street, Randolph, Mass. 02368,* gives its 50,000 current members an I.D. card and a directory of 2,000 participating merchants and other discount sources. These are located primarily in Massachusetts, but also in Rhode Island, New Hampshire, Connecticut, and New York. The directory is indexed by category, from "Appliances" to "Wigs and Accessories," so you just pick out the most likely or convenient dealer (discounts are specified) and present your I.D. card before the sale is recorded. In addition to discounts on the usual merchandise, you can save on such low-cost items as books, toys, flowers, gasoline (two cents off per gallon), restaurant meals, and pets, as well as dry cleaning, tailoring, reducing salons, and tax help services.

continued on page 140



483 touchdowns were scored around this table.

It's not just an ordinary table. It's a Keller table.

So, go on and diagram a quarterback sneak. Or a long touchdown pass.

At Keller, we make furniture strong and dependable. All our tables are topped with scratch-and-heat resistant Armor-Gard. So your dining room can be more than a dining room.

It can be a conference room.

Or a game room.

Or a study room.

Or just about anything you'd like.

And through it all, from starting whistle to final gun, it'll stay beautiful. Because it's Keller.

It's more than just dining furniture. It's KELLER

PLANNED NEIGHBORHOODS

SINGLE-FAMILY DETACHED

HERE'S WHAT TO LOOK FOR

Remember the housing developments of the late '40s and '50s? Row after row of neat little boxes, all lined up in a military formation. Fortunately, we're seeing fewer and fewer repeats of these old mistakes, mainly because farsighted developers and discriminating buyers realize that there are better ways to design a neighborhood community. Families really don't have to put up with speedways in front of their homes, postage-stamp yards, and 30-minute commutes to the nearest recreational area. A growing number of innovative land planners are offering much happier alternatives such as gently curving street systems, vast open spaces, and a variety of recreational pursuits, to name a few—all packaged in self-contained neighborhoods that have identities all their own.

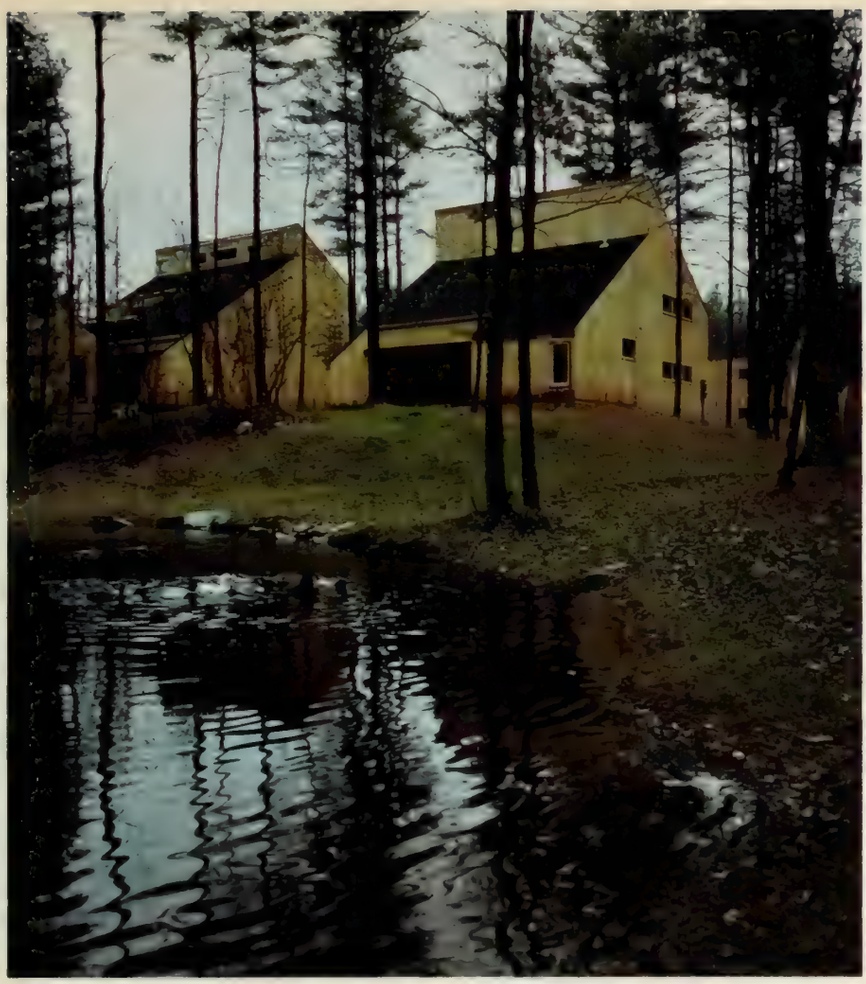
To encourage more of this progressive planning, Better Homes and Gardens joined forces with the National Association of Home Builders to co-sponsor an award program recognizing excellence in neighborhood developments. On the following pages, you'll see the winners of the three major categories: single-family-detached, single-family-attached, and mixed housing. Each neighborhood is different, yet each offers its families the good life.



By Stephen Mead



Photographs: Bill Helms







Coburn Woods, in Nashua, New Hampshire, was judged best of the single-family-detached entries. Situated on 63 wooded acres, the houses are clustered around quiet cul-de-sacs. The relatively low density of this neighborhood—3½ units per acre—avoids crowding and allows the houses to be oriented to ponds, woods, and other natural features.

One of the nicest things about Coburn Woods is its unspoiled terrain. The builder painstakingly preserved as much natural growth as possible, limiting removal of trees and brush to a mere two feet from each dwelling.

Recreational areas abound—everything from open fields to tennis courts to cross-county skiing runs. A network of walking trails is a boon to hikers, joggers, and others who prefer self-locomotion to cars.

All exterior maintenance is handled by a homeowners association and financed by an association fee. The fee also includes a charge to cover the land lease, an unusual land system that works well for the owners. The builder originally leased the land for 99 years (with guaranteed renewal forever), but the lease ultimately will revert to the homeowners association. This inventive plan substantially reduces land costs and cuts several thousand dollars off the price tag of each house.

The units themselves were designed with maximum privacy in mind. High windows, blank walls, and special buffers protect rooms facing other houses.

Each house is very compact and full of built-ins. Most space is devoted to the living areas; bedrooms are kept small. Traffic patterns are informal, and the interiors have an open, spacious feeling.

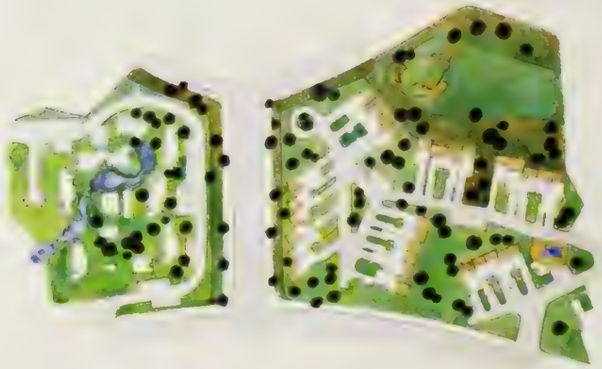
Coburn Woods is being built by William P. Korsak and developed by Design Criteria Associates of Mt. Vernon, New Hampshire, in association with First Fidelity Service Corporation, a subsidiary of First Federal Savings and Loan Association of Lowell, Massachusetts. Architect is Klaus Linnemayer.

PLANNED NEIGHBORHOODS

SINGLE-FAMILY DETACHED

Taking top honors in the single-family-attached competition was Carrollwood Village, Tampa, Florida. (Although this PUD—Planned Unit Development—also contains other categories of housing, its town houses and garden villas were the award winners.) The overall development is a largely self-sufficient village that ultimately will span 1,900 acres, with a density of 2.58 units per acre. The dominant visual and physical feature of Carrollwood is a carefully landscaped golf course that rambles throughout the village. The long fairways not only act as buffers between individual types of housing, but also create individual "island" neighborhoods, separated by picturesque greenbelts. Several small lakes add even more sparkle to the striking scenery.

Vehicle traffic within the neighborhoods is controlled by short, often curving streets that are devoid of four-way intersections. No through-streets are allowed in the residential areas. Running parallel to the streets—but set back roughly ten feet for safety reasons—is a complete bicycle/walkway system that links nearly every home with most of the community facilities.





Photographs: Hedrich-Blessing

Other recreational amenities either completed or in the planning stages include a community center, parks, playgrounds, a swim/tennis complex, bridle trail, equestrian center, and handball/paddle ball courts. Schools, churches, and shopping centers ultimately will combine with police, fire, library, and post office services to make the village virtually self-sufficient in the near future. The single-family-attached units are available in three forms—cluster homes, town houses, and garden villas, the latter two pictured here. The entire garden villa neighborhood (photo this page and bottom left on opposite page) centers around a lake, in maximum groupings of six units, and is completely encircled by a protective wall. Most of the town houses front on the golf course and are built in groups of four, five, and six units, surrounded by privacy walls on all but the side opening onto the golf course.

Carrollwood Village is being developed and built in Hillsborough County, Florida, by Sunstate Builders, Inc., of Tampa.







PLANNED NEIGHBORHOODS

MIXED HOUSING

Award winner in the mixed-housing category is the New Town of Jonathan, 25 miles south of Minneapolis/St. Paul. Jonathan offers a good distribution of all three major categories of dwelling units—single-family-attached, single-family-detached, and multi-family housing. Honored by the judges was Lake Village, the first of several villages to be developed in the community. Getting its start on land that was once part of a 180-acre farm, Jonathan eventually will cover 8,000 acres and house 50,000 people. Each of several villages will have its own *village center,* which will include a supermarket, barber shop, doctor's office, drugstore, and other shops and businesses all within walking distance for the residents of that particular village. Theaters, hotels, a transportation center, and more specialized shops and services will be available in the *town center,* not far from any of the satellite villages. And, of course, centers for learning, industry, recreation, and worship will combine with the town center to make the community complete.





Photographs: Hedrich-Blessing

In the residential areas, the emphasis is on preserving open spaces and greenery. Individual backyards are small, so that *neighborhood* backyards can be broad and extensive. And thanks to a network of pedestrian underpasses, children can walk to school—or to the local shopping area—without crossing a street. A vast green-way system of walkways, bridges, sitting areas, tot lots, and play structures—all maintained by the residents—winds throughout the entire community.

All neighborhoods cluster around looped cul-de-sacs to discourage through traffic. The multi-family units are located in the steeper, more wooded area, freeing the slightly rolling land for single-family neighborhoods. This configuration also places the highest density housing closest to the village center where essential shops and services are located.

The New Town of Jonathan is being developed and built by Jonathan Ventures, Inc., Lake Village Center, Chaska, Minnesota.







Children thrive when they're free to have fun—when they don't have to worry about making a mess, or doing damage to their playtime surroundings. That's why we covered almost every inch of this child-centered play pit with tile. Artists in residence can have a heyday with their paints and watercolors because the wrap-around work counter is covered with sheets of easy-care ceramic tile. If something should spill on the floor, the evidence can usually be sponged away. Even if damage does occur, it's still no catastrophe because all you do is remove the soiled or worn-out tile and replace it with another one.

In rooms with papered or painted walls, tricycle riding is usually off limits. Not so in this room.







Photographs: Mike Dieter

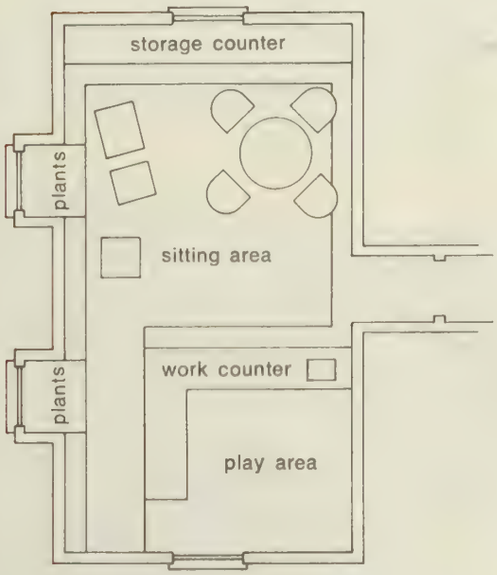


Bike buffs and pint-size activists don't have to be cautioned about nicking or scraping the walls because they (and the built-in toy storage/work counter) are protected by durable carpet tiles. The window wall is covered with cork tile, perfect for pinning up artwork. (At the other end of the room, cork walls provide a contrasting textural background for a gallery of family photos.)

Although it's not likely you'll make many mistakes when working with tile, we suggest that you buy about ten percent more than your measured needs to allow for cutting, fitting, and replacement. The price you pay for tile will depend on the material it's made of, its thickness, and the complexity of pattern and color.



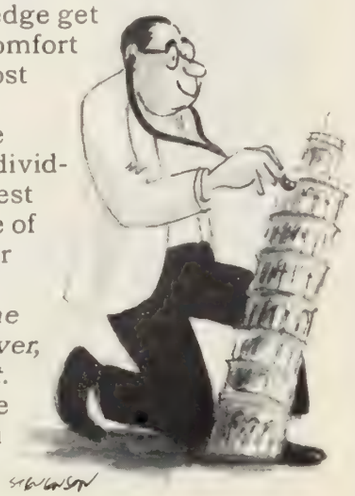
DECORATING WITH TILE— EASY, INEXPENSIVE, PRACTICAL



You go to an expert for medical advice. You should go to a professional travel agent for travel advice.

Doctors and lawyers and architects. Because of their years of knowledge and practice, you can put your well-being into their hands. It's the same with travel agents. Especially your local ASTA agent. Where years of study and knowledge get you the most safety and comfort in travel, as well as the most for your dollars.

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KEM

GOOD NEWS



Using this pregrouted ceramic tile system, you can tile the area around your tub in less than two hours. Since the grout on the finished wall is flexible silicone rubber, it will never flake out, won't support mildew, and can be wiped clean with a damp rag. Here's how to install the sheets of tile:









With a level or plumb line, mark a vertical line down the center of the wall. Use a level to make certain the tub is level at the tile installation line. If not, draw a horizontal line beginning at the highest tub point. Later, silicone rubber joint filler will cover the gap.

Apply mastic to the back wall, making sure all areas get a thin, even coat. Tile sheets should be set into position with edges butted together. *Don't slide them into place.* As you progress, remove excess mastic from the face of the tiles with a water-dampened cloth. Lay all full-size tile sections on one side of the vertical line, then set the sections on the other half of the tub.

Mark tiles to be trimmed and score along line with the special cutting board included in the tile installation kit. The kit makes all straight cuts a snap. You can nibble the irregular cuts around plumbing with a pair of pliers. But be sure to use a sharp knife to remove an individual four-inch tile from tile sheets before trying to trim it. Don't worry if the finished edge is irregular—the cover plates on the plumbing fixtures will cover the exposed edges. Firmly press the individual tiles into place around the plumbing fixtures.

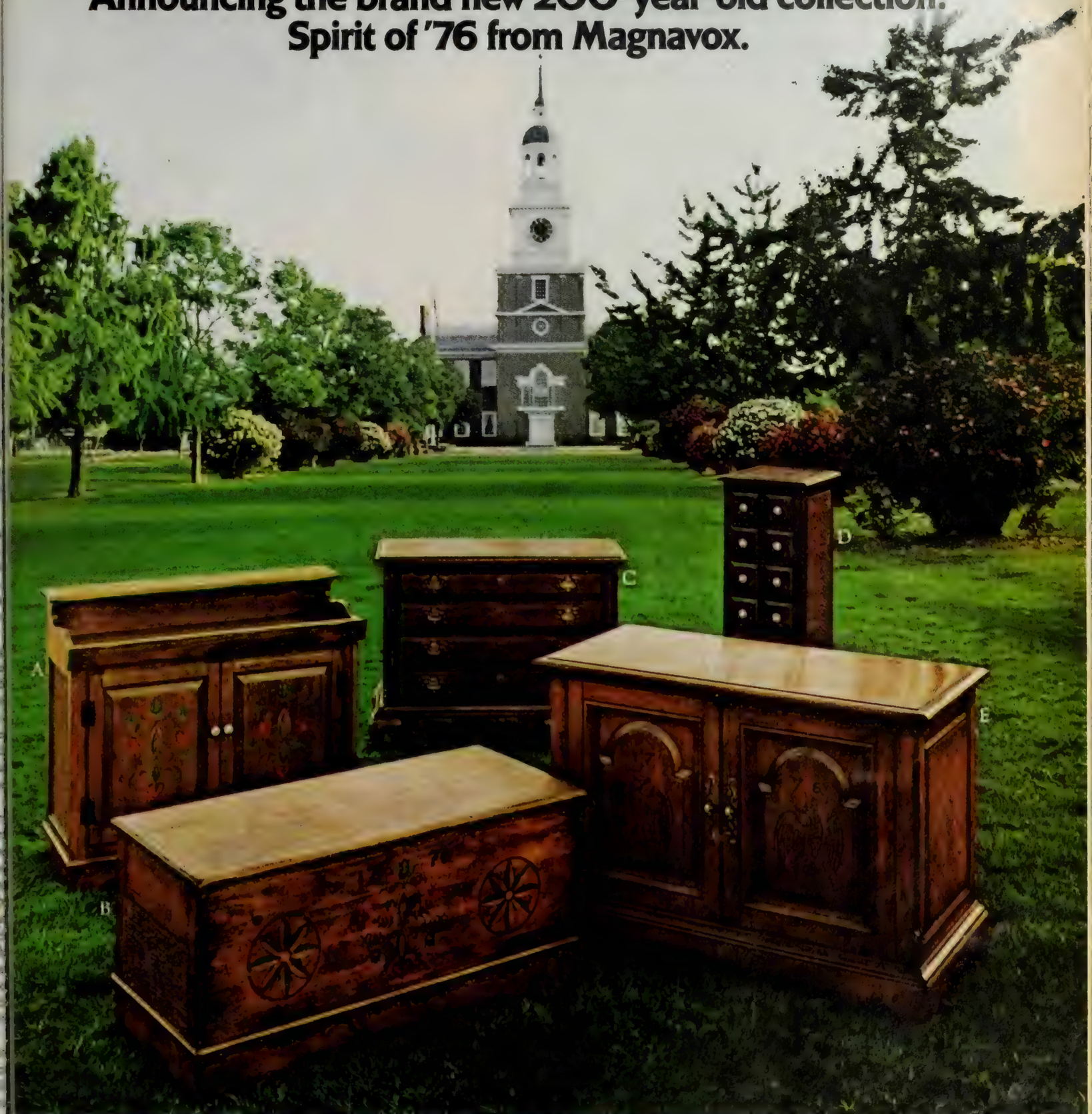
Using a caulking gun and silicone rubber sealant, fill joints between sections. A special nozzle supplied with the silicone rubber cartridge makes joints that match the pregrouted joints. Wet your fingers with alcohol and smooth the joint.

Cheesecloth dampened with alcohol will clean up excess silicone rubber on the tiles.

American Olean Easy-Set Pregrouted Tile, $9.95 per five square-foot package; $109.95 for a packaged tub surround kit at Sears. American Olean, Landsdale, Pa. 19446.

continued

Announcing the brand new 200-year-old collection: Spirit of '76 from Magnavox.



Independence Hall, Knotts Berry Farm, Buena Park, Calif.

Happy birthday, America! You're going to be 200 years old.

And to help celebrate the bicentennial, Magnavox has designed a collection of home-entertainment products that faithfully re-captures the spirit of Revolutionary days.

A. Dry Sink (Model 6464). Authentic Early American styling hides stereo FM/AM radio-phonograph, 8-track tape player, 4-channel decoder and four speakers.

B. Blanket Chest (Model 6461). Replicas of Pennsylvania Dutch folk art and dovetails designed around stereo FM/AM radio-phonograph, 8-track tape player, 4-channel decoder and four speakers.

C. Queen Anne (Model 6465). Graceful cabinetry conceals stereo FM/AM radio-phonograph, 8-track tape player, 4-channel decoder and four speakers.

D. Spice Chest (Model 6455). Space-saving design enhances stereo FM/AM radio, 8-track tape player, 4-channel decoder and four high-efficiency speakers.

E. The STAR™ System (Model 4895). The most significant TV breakthrough since color: instant access remote-control tuning—by computer.

Get the Spirit today, at your Magnavox dealer. It's a beautiful way to take pride in our nation's heritage—and your home.

What a difference living with a Magnavox.



FREE
guide to different window types, and how each works. Distinctive examples of compatible architectural and window styles. A section on what to consider in window placement. And the full story on Pella Products. How they can eliminate screen and storm chores. How you can reduce maintenance and fuel costs. And a number of other things you might like to look into. It's fully-illustrated, in color, and yours free.

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Doctor-tested medication
works fast for hours to help

Stop Feminine Itching

Brings prompt, temporary relief from vaginal itching and burning.

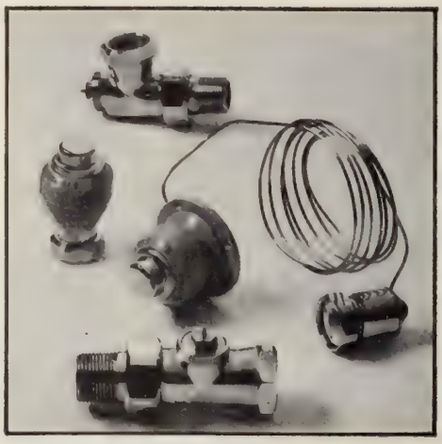
If you suffer from the problem of external vaginal itching (medically known as pruritus vulvae), there is now a creme medication specifically formulated to bring you fast, temporary relief. It is called Vagisil™ and is available without a prescription.

Doctor-tested Vagisil is a soft easy-to-apply medication that is so effective, it helps stop external vaginal itching almost instantly. Yet Vagisil is gentle enough for tender, irritated membranes. Vagisil actually leaves a cooling, protective, lubricating film to help check bacteria, soothe irritated membranes, and so speed natural healing.

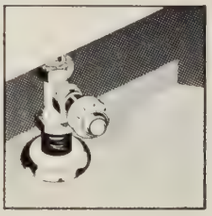
Thousands of women are now discovering the fast, temporary relief this scientifically developed medication brings. So follow their example and end the misery of external vaginal itching. Get Vagisil creme medication today. Delicately scented. Greaseless. Non-staining. Look for Vagisil at all drug counters. For trial tube, send 25¢ to Vagisil, Box 328 NS. White Plains, N.Y.

Vagisil

GOOD NEWS







You'll update your hot-water heating system and save on future fuel bills simultaneously when you install these unique thermostatic radiator valves.

Installed on radiators, convectors, and baseboard units, the thermostatic valves maintain accurate individual room temperature control. They admit just the right amount of continuously circulating steam or hot water into the radiator to meet comfort requirements. Since there's no "on-off" cycle, there's no more knocking and banging in your heating system.

The self-contained thermostatic valves are easy to install. No electrical connections are needed, and you won't have to change the existing plumbing.

Honeywell Thermostatic Radiator Valves, under $50 through heating suppliers. Honeywell, 2701 Fourth Ave. South, Minneapolis, Minn. 55408.



This tiny alarm clock is practically trouble-free. It's completely solid-state, so there are no parts to wear out and impair accuracy.

The LED (Light Emitting Diode) digital display automatically senses the brightness of its surroudings. Numerals show up bright in a sunlit room, dim to a soft readout in subdued light.

The 24-hour alarm awakens you with a pleasing, yet insistent electronic tone. Just reach over, pick up the clock, and flick your wrist—the clock will let you snooze ten more minutes.

Corvus Electronic Digital Clocks, $39.95. Corvus Corporation, 13030 Branch View Lane, Dallas, Tex. 75234.

continued



Remember the Shakers, those early Americans whose designs are so greatly admired? Now they've influenced Shaker Patch. Cannon's latest American Classic pattern.

Shaker Patch is a stunning cotton and polyester sheet and pillowcase of no-iron percale. It's also a magnificent woven bedspread. And a thick fringed towel. Colors are Cranberry. Regal Blue. Mocha.

Live with this splendid coordinate, and you'll love its quality and charm.

Cannon Royal Family

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Isn't Twinkle the copper cleaner you've been dreaming about?

Should you throw out your present brand and get Twinkle right away? That's your decision. But if you've been using Twinkle all along, you know what a long lasting shine means.



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IT'S ONLY THE MIDDLE OF THE AFTERNOON, BUT YOU FEEL LIKE CALLING IT A DAY.

It's been one of those days. The hours just drag on and on. You should be looking forward to the evening but for you, the day could just as well be over. What you need is something to pick you up.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...because the best part of the day is still ahead of you.



GOOD NEWS







Home upkeep chores can be a lot less hazardous if you have a really good ladder. This heavy-duty model is engineered to perform under almost all off-the-ground conditions.

Basically, it's an extra stable six-foot stepladder with treads up one side, rungs up the other. It's strong enough for two people to stand on at the same time.

When you have to patch or paint the walls in a stairwell, the ladder excels. Just partially open it, slide the rear section to the height you want, and then lock the spreaders securely. The ladder is as stable on stairs as it is on level ground.

To climb way up an outside wall, simply slide the rear section to the desired height and drop the rung into the rung lock. You now have a ten-foot extension ladder.

The ladder has still another trick up its sleeve. It separates easily into two sturdy little single ladders that you can use for less lofty jobs around the house.

Werner Job-Master Model 386 Combination Ladder. About $68 in hardware depts. R. D. Werner Co., Inc., Greenville, Pa. 16125.

Buy a Sunbeam Crocker Frypan. Get a tool set too, for only $4.00 more.

The Crocker Frypan gives you two ways to cook. With the crockery liner in, you can slow cook all day without watching or stirring. Remove the liner, and it's a Sunbeam Frypan.

Exterior color: Harvest Gold or Avocado porcelain finish; liner in Deeptone Brown.

Removable liner can be used separately in oven.

Liner out, it's a fine frypan. Teflon II coated surface.

Heat control removes for immersible cleaning.



Get all these Ekco tools for only $4.00 more.

To receive your Ekco Kitchen Tool Set from Sunbeam, purchase a Sunbeam Crocker Cooker/Fryer (Cat. No. (9-12, 9-13 or CF7C) or Sunbeam Crocker Frypan (Cat. No. 7-152 or 7-153) from your local retailer. Complete this form and mail it, together with a check or money order, made out to Sunbeam Corporation, for $4.00 plus the catalog number cut out of the carton and a dated sales receipt as proof of purchase, to: KITCHEN TOOL OFFER, P.O. BOX 50377, Chicago 60650. SUNBEAM CORPORATION—2001 S. York Road--Oak Brook, Ill. 60521

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So make sure your kids cut down on treats. Take them to the dentist ever six months for a regular checkup and h them brush regularly with a fluoride toothpaste you know you can trust. Ha them brush with Crest.

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"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied [illegible] and regular professional care." Council on Dental Therapeutics, American Dental Association.

You can't beat Crest for fighting cavitie



Sleep-cheap motels: why pay for unused frills?

With travelers being greeted at every turn by higher prices—for gasoline, air fares, meals on the road, you name it—the emergence and quick flowering of budget motels is welcome relief indeed. Frequently, the savings these "sleep-cheaps" represent allow a family that might otherwise stay home on their vacation to take a reasonably priced trip after all.

Budget accommodations aren't for everyone, of course. Some people, when they travel, like to surround themselves with luxury and are willing and able to pay for it. Fine. But what about those travelers on their way from A to B who want nothing but a clean room and a decent night's sleep? They need no banquet halls, no meeting rooms, no big, fancy lobbies, no bellhops, no room service, no lawns for poolside lounging. Is it fair to expect people who don't use such frills to subsidize them?

Budget motel people resoundingly say "no." By eliminating extras, or at least reducing them substantially, and sharing the subsequent savings with their customers, the operators of the mushrooming economy chains believe that they can earn an adequate profit and serve the traveling public, too. And so far, their success appears to validate that theory. Sleep-cheaps are one of the hottest items in the entire travel industry, and are causing much uneasiness among higher-priced chains.

Until recently, the definition of a budget motel was one at which a single room cost less than $10. That figure still applies at a number of chains, but at others, alas, inflation has cracked the $10 barrier. So a better definition now derives from cost comparisons: Budget motels are those that charge dramatically lower rates—typically between 25 and 50 percent lower—than other motels in the same general area for similar accommodations.

One reason budget motels can do so is because they avoid high-rent sites. Few of the motels are in the center of town, where soaring real estate prices necessarily boost room rates; most are located in outlying neighborhoods convenient to an Interstate highway—less handy to the mid-city action perhaps, but removed from the usual downtown noise, too.

Another frequent hallmark of budget motels is modular construction, which keeps building costs down. From the outside, these motels look unimpressive—blocky, plain Jane structures stuck on tiny plots of land, often snuggled closely to a family-style restaurant so that the absence of eating facilities in the motel is hardly noticed. The facades of the motels are unglamorous, their lobbies suggest phone booths, and sometimes they have only exterior hallways. But once inside your room you'll have trouble differentiating between budget accommodations and those that cost a good bit more. Usually you'll find your room to be cheerful and clean, attractively furnished, carpeted from wall to wall, and plenty large enough. A small swimming pool is typically the lone concession made to luxury, although free color television may also be provided.

Naturally, not all budget motel chains are the same. Some pursue economy with fierce determination, eliminating everything a traveler can do without; others, self-characterized as "luxury budgets," compromise between the amenities of standard motels and the Spartan stringencies of pared-to-the-core operations. The following list describes most of the leading budget motel chains, though dozens of other smaller ones are scattered across the country. Most of them will gladly send you a directory for the asking.

Motel 6 (P.O. Box 3550, Santa Barbara, California 93105; 805/687-1566), one of the earliest and largest of the budget motel chains, has 180 units in 32 states, bunched thickest in California, where the company began, but extending the whole way across the continent. The rates at all locations are identical year round: $6.95 for a single, $8.95 for a double, $12.95 to accommodate three or four people. A swimming pool is usually the only amenity provided. To keep rates as low as possible, the rooms have only showers, and there's television only when you drop a quarter in the slot for two hours of black-and-white viewing. A few units share a site with a restaurant chain—Sambo's, for example, or Denny's. All rooms are rented on a cash-only basis; checks and credit cards are not honored.

Econo-Travel (Building Three, Kōger Executive Center, Norfolk, Virginia 23502; 703/499-4111) has approximately 100 motels in operation in 17 states, primarily in the Southeast. Prices vary slightly from one area to another, but usually by no more than $2 in either direction, with the basic rates $9.50 for a single, $12.50 for a double, and $15.50 for three or four persons. Every room has free television, and that's it for frills: no playground, no swimming pool, no restaurant on the premises. A toll-free reservations system is presently being installed.

Imperial 400 Motels (375 Sylvan Avenue, Englewood Cliffs, New Jersey 07632; 201/567-7000) consists of 93 units in 32 states, primarily in the Far West and Midwest. Rates range from $8-$14 for a single to $10-$18 for a room that suits four people, the higher rates generally for in-town locations. Free television, a heated swimming pool, and free coffee in the lobby are offered at every motel. Major credit cards are accepted.

Regal 8 Inns (P.O. Box 1268, Mt. Vernon, Illinois 62864; 618/242-7240) runs 43 units, primarily in the Midwest (13 of them in Illinois alone), with a few in California and Texas. Rates at all locations are $8.95 for a single, $10.95 for a double, and $12.95 for as many as four persons. Every room has a free color television set, and every motel has a pool. Major credit cards are accepted.

Days Inn (2751 Buford Highway, N.E., Atlanta, Georgia 30324; 404/325-4000), now the largest chain with 200 units, characterizes itself as "budget-luxury." The rate scale at every Days Inn, most of which are in the Southeastern and South Central states, is the same: $8.88 for a single, $3 each for additional adults, $1 each for kids through 17 ($2 in some city and resort locations). Every room is equipped with two double beds and a color television

continued on page 150

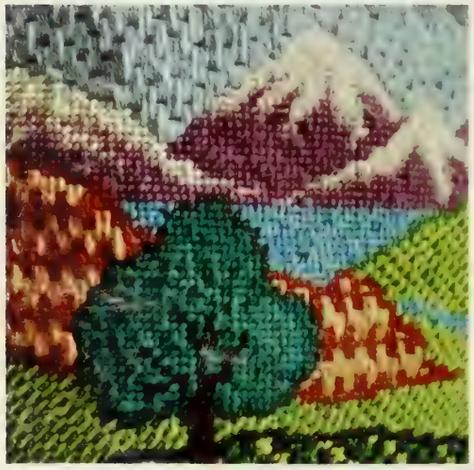
MAKE SOME-ONE HAPPY WITH A HOLIDAY CRAFT GIFT

by Elizabeth D. Craster and Rebecca E. Johnston

One of the great joys of Christmas is the delightful custom of giving and receiving gifts. It's that special season when you can share part of yourself with someone close to you through a gift you've selected or, even better, made yourself with loving care.

For inspiration, check the following pages. You'll find a treasury of distinc-

For how-to, see page 126





Designer: Jean LemMon



Designer: Ciba Vaughan

ive crafts, fashions, and toys that your family and friends will enjoy long after the holiday season. **Surprise your favorite hostess** with a bundle of country-fresh napkins she can use at her next buffet (it's a sure way to get invited again, too!). Since each napkin is made from scraps of different cotton prints, you can stitch up a bountiful supply using leftover bits and pieces of fabric. Gift wrapping is a breeze—simply arrange the folded napkins in a basket you've trimmed to match.

If you're a needlepoint enthusiast who enjoys the challenge of a grand-scale project, we suggest you try this mural hassock. Despite its size, it can be stitched up in record time, thanks to quick-point canvas and heavy rug yarn. The pastoral scene (shown close up at left) calls for a variety of stitches, including fast-working Bargello.

To order a full-size pattern, stitch guide, and complete instructions, see page142.

Our fire-breathing dragon may be blue in the face from his efforts, but your pillow pet may be in the pink. In fact, you can use any color combination of your leftover yarns when you stitch up this plump needlepoint pillow (vibrant colors work best). It's a surefire kid pleaser so make several!

Pull toys are perennial favorites with children and our jumping jack is no exception. Whether you attach it to the wall or suspend it over a crib, your child will soon get the knack of pulling the bead to make jack jump. You can stitch up several patchwork jumping jacks at little or no extra cost, since all you need are scraps of needlepoint canvas, leftover yarns, and sturdy cardboard for the backing.

Today's puppets come in all shapes and sizes—from dinosaurs to cookie monsters. Our calico girl and denim boy are fabric-scrap people puppets. Each is 18 inches tall and usually quite animated since youngsters find these puppets irresistible.



signer: Charlotte Patera



signer: Charlotte Patera



Designer: Jackie H. Curry

MAKE SOME-ONE HAPPY WITH A HOLIDAY CRAFT GIFT



Photographs : Hopkins. Designer: Nancy Becker



Designer: Jean LemMon



Designer: Charlotte Patera

If you like cactus, but don't like their pricklies, here are some softies that are guaranteed touchable and even huggable if you choose to use them as pillows. In this eye-catching, fun-to-touch garden we've included foam-stuffed fabric versions of several common varieties of desert cactus.

There's nothing like a satin pillowcase for preserving a coiffure. Now you can well afford to treat your friends to this satin luxury, by making it yourself. Our elegant pillowcase features a stylized mermaid design you can appliqué along the side to make your thoughtful gift one of a kind.

Stitch up and stuff a clutch of animals. The two beasties become one pillow when you press them together via nylon fastening tape (concealed in the arches formed by necks and legs). Be sure to use durable fabric since these lovable pets are bound to get lots of hugging from youngsters of all ages.



Designer: Bess Pierce

A bassinette for her favorite dolls would delight any little girl. Although this bassinette looks expensive, it's not at all—it's really two plastic laundry baskets wrapped in fabric and beribboned with bows. A folding TV tray (concealed beneath red-dotted fabric) adds the necessary elevation. To make sure there's a doll just the right size for your completed bassinette, we've included a pattern for a cuddly reversible doll with a sleeping face on one side and a wide-awake face on the other.

"I'll do it myself," said the little red hen and so can you, with some red velveteen and your zigzag sewing machine. You'll enjoy making this storybook favorite since our *big* red hen is easy to appliqué on a quilt top that fits any single bed.

Our pillow top, framed sampler, and album cover are just three of many contemporary gifts you can make using the age-old art of weaving ribbons. The results are so stunning, you may find yourself weaving much more ribbon than you'd anticipated.



Designer: Molli Nickell



Designer: Mary Black, Sudie Woodson

GIFTS TO STITCH IN TIME FOR CHRISTMAS

Browse through our eleven stitch-up styles and you're bound to find something irresistible to make for your family or friends.

We've chosen a variety of techniques—such as hand quilting, needlepoint, braiding, and embroidery—so you can stick to your specialty or try a new technique.

Instructions and patterns begin on page 28



Design: Suzanne Ish and Sonya Barrington, Ocean Beach Quilters



Design: Jackie H. Curry



Design: Jean LemMon Photographs: Bradley Olman

Opposite page, top left. Make a rose-appliqué duffel bag to sling, hook to one side like a backpack, or turn into a shoulder carry. It will travel from market to midnight supper club with panache.

Opposite page, lower left. Turn those idle moments into a skirt. You can carry the small squares in your bag and whip them out to work on whenever you please. This attractive wraparound skirt fits any size.

Large picture, opposite page. A pert patchwork pinafore and skirt add up to a delightful gift. Skirt, lined with a flounced slip, has an easy-fit elastic top. The completely reversible pinafore, sash-wrapped and lace-trimmed, is also easy to fit.

Directly below. Gift a youngster who prowls national parks or scales peaks with a hand-quilted, tea-cozy hat and a medium-size quilted backpack that's modest in size but holds a heap of totables.

Below, left. Make a bag with style and swagger! The material is split cowhide in a subtle teak shade. The front flap is ready for you to needlepoint into an abstract design, with the recipient's initials highlighting one corner. To order your kit, see page 142

Lower center. This braided beauty of a shoulder bag has come a long way from a country kitchen, but despite the trendy style and colors, you'll find the braiding technique is just the same.

Right. Check-mate vest, beret, and scarf get a fall wardrobe off to a flying start. We used a blue check and bedecked it with appliquéd tulips in mint green and fuchsia. Any one of the pieces by itself makes an ideal gift. Pattern for the vest is given in three women's sizes—10, 12, 14.



Design Suzanne Ish & Sonya Barrington, Ocean Beach Quilters





Design Suki Graef



Design Jackie H. Curry

HAND-CRAFTED GIFTS YOUR CHILD WILL CHERISH

These handcrafted wooden toys are such special gifts that your children will treasure them long past childhood. We've revived several classic playthings you may remember from your own childhood, and we've also dreamed up some new designs.

You can build most of the items from pine or plywood using your regular shop tools and then purchase the accessories—like wheels or lamp parts. Plans are available for all the toys and furniture shown on the following pages. You can order now, far in advance of the Christmas crunch, and have plenty of time to give your handcrafted gifts the loving care they deserve.



Good-looking children's lamps are hard to come by. Here are two imaginative versions you can make. The base for the balloon is cut from 1½-inch lumber to resemble a cloud. The pre-drilled aluminum basket is wrapped with yarn looped to a wire circle resting on a store-bought eight-inch white globe. The globe is attached to a threaded rod and standard lamp hardware with a line switch.

A clip-on shade serves as an umbrella for the yellow-slickered sailor. You make the 12-inch-tall sailor by sandwiching ¾-inch lumber and ⅛-inch hardboard cutouts. Run a ½-inch dado on the ¾-inch cutout to provide a channel for the threaded tubing and then cover it with a ⅛-inch cutout. Seal painted details.

Coaster wagons are great for hauling kid-size cargo. This ¾-inch pine wagon is a generous 18x30x15 inches high. The eight-inch wheels are mounted on ½-inch steel axles and the front wheels swivel on a metal lazy Susan.

This Mississippi riverboat is sure to evoke interest in Mark Twain tales. Our sturdy stern-wheeler is 36 inches long, including the moving paddle wheel, and rolls easily on casters. The hinged lid can double as a toy storage chest.

Portable step stools make life so much easier for kids—and for you, too, since they'll be able to reach higher with less help from you. The smaller stool is 9x12x6 inches high and has a center slot for easy toting. The roll-around stool moves at the touch of a toe, but when the spring-loaded base is stepped on, it drops to the floor for secure footing. We covered the steps with nonskid stair tread material for added safety. Stool is 12 inches high.

To order Project Plans, see page 142.



HANDCRAFTED GIFTS YOUR CHILD WILL CHERISH



Our classic wood high chair has a detachable tray you can remove when your child grows older. The chair stands 31 inches high and measures 16x16 inches at the base. You can make the chair from ¾-inch pine and birch dowels. We applied clear polyurethane varnish as a protective finish.

With a walking tricycle, who needs pedals? And without them, the trike is easier for you to build since the only moving parts are wheels and the handlebar joint. The joint swivels on a dowel in the center; disks cut from a vinyl floor tile protect it from wear. The six-inch rubber-tired wheels are mounted on ½-inch steel axles. Aluminum tubing keeps the rear axle centered.

Small-scale redwood chair serves a dual purpose. With the foam cushion in place, it provides comfortable seating for a youngster. Unbuckle the strap and unroll the cushion, and you have a full-size exercise or sleeping mat. The fabric-covered cushion is a 48-inch piece of two-inch foam notched to fit the back of the chair. Chair seat and back are slats of redwood.

Our smiling brown cow is so appealing that your youngsters are bound to be more cooperative about putting their toys away. Since you make this 18x18x24-inch-long toy box from ¾-inch pine and plywood, it's sturdy enough to withstand climbing and sitting. A one-inch dowel provides the horns and some frayed rope serves as the tail. The cow's back opens up and swings over via a handy cutout on the bottom of the lid.

The whole unit is covered with polyurethane varnish for protection against soil and scuffs.

To order Project Plans, see page 142



hotographs: Dieter. Designer: David Ashe

Small worlds for plants and pets

Hamilton Mason and Beverly Garrett

Did you ever wish you could shape the world to your personal specifications? These indoor plant-and-animal habitats let you do just that. True, your world-shaping is very small scale. But even a small world is filled with a number of miraculous things. Plants grow . . . animals eat and exercise . . . life changes daily, right before your eyes.

First on the agenda: decide just what kind of world you want to create—a jungle, woodland, marsh, open meadow, island, or desert scene. You don't need a huge, complicated environment to provide all the essentials; a ten-gallon aquarium will do nicely. Build the terrain with layers of gravel, sand, and soil—then landscape the top surface. Use pebbles or bits of bark for paths and glue rocks together for hiding-and-resting places for the animals. Include water in your plans; larger areas of it for aquatic worlds, tiny ponds for the land scenes. Disguised ashtrays serve as drinking-bathing spots.

Let terrarium-sized plants and active amphibians or reptiles share the world. Personable lizards and toads and their relatives adapt best to this kind of home. They're fascinating to watch (watch a lot and handle as seldom as possible). As for mice and other little mammals you can pet and play with—sorry, but they're not desirable tenants for the kind of habitats we're talking about. It's not wise to team mammals and plants.

A junior jungle

Name your chameleons Tarzan and Jane—or Joe and Sally—then sit back and enjoy their antics. These jungle charmers change color with their moods. They climb, scamper, and can get away from you in a scat if you don't take care (a sliding glass or wire mesh cover is a must). Strangely enough, plants tolerate all this play. It's a good idea, though, to include a firm manzanita branch as part of this small-world—it will satisfy most of the climbing impulses; add a homemade raffia ladder. Plantings here are chamomile, lower left, dizygotheca and podocarpus behind it. Vines, ferns, and purple passion plant complete the scene.







A secluded woodland

Life bustles—even in a quiet woodland. That's what you'll discover if you plan a little forest and populate it with tree geckos. The atmosphere inside your aquarium wood may be secluded, but it will be lively. Climbing is a gecko specialty, so expect hide-and-seek games from your tenants (cover the aquarium if you don't want to play on a whole-house basis). In our setting, a lava-rock cave tops the contoured terrain. Low plants are teamed with taller ones to leave running room for the animals. Selaginella and pink-flowering *Polygonum capitatum* grow in front of pilea on the left side. Euonymus, junipers, and peperomia serve as baby trees.



PORK SCHNITZEL



Photographs: de Gennaro. Food Stylist: Mable Hoffman

German-style schnitzel is usually made with thin pieces of breaded and fried veal. To whittle the cost without sacrificing a whit of goodness, substitute pork cutlets for the veal. A dill-flavored sour cream sauce, lemon slices, and fresh dill garnish add flavor and color accents—

6 pork loin cutlets (1½ pounds), cut ½ inch thick
¼ cup all-purpose flour
1 teaspoon seasoned salt
¼ teaspoon pepper
1 beaten egg
2 tablespoons milk
¾ cup fine dry bread crumbs
1 teaspoon paprika

• • •

3 tablespoons shortening
¾ cup chicken broth
1 tablespoon all-purpose flour
¼ teaspoon dried dillweed
½ cup dairy sour cream

Pound pork to ¼- to ⅛-inch thickness. Cut small slits around edges to prevent curling. Coat meat with mixture of the ¼ cup flour, the seasoned salt, and pepper. Combine egg and milk. Dip cutlets in egg mixture, then in mixture of crumbs and paprika. In large skillet, cook 3 cutlets at a time in hot shortening 2 to 3 minutes on each side. Remove from pan to platter; keep warm. Pour broth into skillet, scraping to loosen crusty drippings. Blend the 1 tablespoon flour and dillweed into sour cream. Stir sour cream mixture into broth. Cook and stir till mixture is thickened; *do not boil.* Pass sauce with cutlets. Makes 6 servings.

Buying information, page 149

CIOPPINO
MEDITERRANEAN



Even if you don't have money to burn, you can indulge in this penny-wise pot au feu. Frozen perch and canned shrimp and clams substitute for the fresh fish and seafood. Simmer the fish in a richly seasoned tomato, herb, and red wine broth. This inland-style stew is not only less costly than the original, it's also less time-consuming. It goes from pot to table in little more than half an hour—

¼ cup chopped green pepper
2 tablespoons finely chopped onion
1 clove garlic, minced
1 tablespoon cooking oil
1 16-ounce can tomatoes, cut up
1 8-ounce can tomato sauce
½ cup dry red wine
3 tablespoons snipped parsley
½ teaspoon salt
¼ teaspoon dried oregano, crushed
¼ teaspoon dried basil, crushed
Dash pepper

• • •

1 pound frozen perch fillets, thawed
1 4½-ounce can shrimp, drained
1 7½-ounce can minced clams

In large saucepan, cook green pepper, onion, and garlic in oil till tender but not brown. Add undrained tomatoes, tomato sauce, wine, parsley, salt, oregano, basil, and dash pepper. Bring to boiling. Reduce heat; cover and simmer 20 minutes. Skin perch fillets. Cut fillets into pieces, removing any bones. Add fish to broth; simmer 5 minutes. Add shrimp and *undrained* clams; continue simmering, covered, about 3 minutes more. Makes 6 servings.

Buying information, page 149

MEAT LOAF WELLINGTON



Savory ground-beef meat loaf and canned liver spread retain the characteristic flavor but not the expense of the classic ingredients, beef rib roast and pâté de fois gras—

1 slightly beaten egg
2 cups soft bread crumbs
¼ cup dry red wine
2 tablespoons finely chopped onion
¼ teaspoon dried bay, crushed
1½ pounds lean ground beef
¼ cup canned liver spread
1 10-ounce package frozen patty shells, thawed (6 shells)
1 slightly beaten egg
1 recipe Mock Perigourdine Sauce

Combine the first egg, bread crumbs, wine, ¼ cup water, onion, 1 teaspoon salt, and bay. Add beef; mix well. Pat into 8½x4½x2½-inch loaf pan; turn out onto shallow baking pan. Bake in 350° oven 40 minutes. Drain meat. Set oven at 400°. Spread top and sides of loaf with liver spread. On lightly floured surface, press 3 patty shells together; roll to 10x6-inches; cut and patch as needed. Place in 15½x10½x2-inch baking pan. Carefully lift meat loaf onto center of dough. Press remaining patty shells together; roll to 10x6-inches. Adjust second rectangle over meat. Brush edges of bottom pastry with some of the remaining egg. Seal top pastry to bottom, trimming and reserving edges; cut decorations from trimmings. Arrange trimmings atop loaf. Brush remaining egg over all. Bake in 400° oven 30 to 35 minutes. Serve with Mock Perigourdine Sauce. Makes 6 servings.

Additional recipes begin on page 153

Chicken & Sausage Terrine



Elegant Parisian restaurants often serve cold meat loaf made with game meats. Our American translation is equally good but much less expensive. Instead of using game meat, we encased ground chicken, sausage, and ham strips in bacon—

6 slices bacon
2 cups cubed cooked chicken
½ small onion, cut up
½ clove garlic, minced
1 beaten egg
¼ cup milk
2 tablespoons brandy
1 cup soft bread crumbs
¾ teaspoon salt
¼ teaspoon pepper
¼ teaspoon dried thyme, crushed
¼ teaspoon dried marjoram, crushed
1 pound bulk pork sausage
8 ounces canned chopped ham loaf, cut in strips

Lay bacon in shallow baking pan. Bake in 350° oven 10 minutes; turn once. Lay bacon crosswise in 9x5x3-inch loaf pan. Grind chicken, onion, and garlic through fine blade of food chopper. Combine egg, milk, brandy, bread crumbs, and seasonings. Add chicken mixture and sausage; mix well. Pat ⅓ ground meat mixture over bacon. Cover with ½ the ham strips. Repeat, ending with ground meat. Cover loosely with foil. Place another pan of the same size filled with dry beans atop loaf. Seal edges of foil to edges of meat loaf pan. Bake in 350° oven 1¼ to 1½ hours. Cool; remove from pan. Wrap tightly; chill at least 8 hours. Slice to serve. Makes 8 to 10 servings.

Buying information, page 149

ROUND STEAK DIANE



Tenderize beef round steak and smother with chives and canned mushrooms for this economical version of the sirloin steak and fresh mushroom classic. For extra pizzazz, you can highlight this entrée at the table with a last-minute blaze of brandy and offer twice-baked potatoes on the side—

1 pound beef round steak, cut ½ inch thick
¼ cup dry sherry
2 tablespoons water
1 tablespoon snipped chives
1 tablespoon bottled steak sauce
½ teaspoon dry mustard
2 tablespoons cooking oil
1 3-ounce can sliced mushrooms, drained
¼ cup brandy

Cut round steak into 4 serving-sized portions. Combine sherry, water, snipped chives, bottled steak sauce, and dry mustard. Pour over round steak in a shallow dish. Cover; marinate steak in refrigerator at least several hours or overnight. Drain steak, reserving the marinade. Pat meat dry with paper toweling.

In skillet, brown steak pieces, two at a time, in hot cooking oil about 2 minutes on each side. Remove cooked meat to serving platter. Cover; keep warm in oven while cooking remaining meat. Add reserved marinade and drained mushrooms to skillet. Bring mixture to boiling; pour over meat. To serve, warm brandy in ladle. Ignite and slowly pour over meat. Serve when flame subsides. Makes 4 servings.

Buying information, page 149

November Sewing Special











Photographs: Beege, Burda Moden

Holiday dresses

BODY MEASUREMENT CHART

Size	4	6	8
Chest	23	25½	27
Waist	21	22	23½
Hip	24	26	28
Back waist length	9½	10½	12
Height	40	45	49½

Little girls love long dresses, and with the holidays close at hand, what better time to make one for your little girl? The two enchanting dresses shown above (and the short version pictured at right) are all from the same versatile pattern, designed especially for our readers by Burda Moden of Germany. The pattern features a full skirt, billowing softly from a fitted, shirred bodice.

The long-skirted, sleeveless version (above left) has soft ruffles at the shoulders and may be worn alone or over a simple party blouse (pattern not included.) Dress pattern is suitable for a variety of fabrics, including taffeta, printed eyelet, and polished cotton.

Pattern 01308, available in sizes 4, 6, 8. To order see coupon at right.

Before ordering, measure your child carefully and compare results with our chart.

Send order to: Better Homes & Gardens
Dept. 2L1, P.O. Box 374
Des Moines, Iowa 50336

Pattern 01308 Girls' Party Dress
- ☐ Size 4 Each $1.50
- ☐ Size 6 Each $1.50
- ☐ Size 8 Each $1.50

Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25.
Postage and handling: for one to three patterns, add 25 cents, for four or more patterns, add 50 cents.

Name_____

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Just when everybody's bored with budgeting, Campbell's helps you stir up some excitement.

Campbell's Soups help you whip up out-of-the-ordinary budget dishes quick and easy. And Campbell's recipes are kitchen-tested so they'll turn out great every time. Here are two your family's sure to love.

SOUPER MEAT 'N POTATOES PIE

- 1 can Campbell's Cream of Mushroom Soup
- 1 pound ground beef
- ¼ cup finely chopped onion
- 1 egg, slightly beaten
- ¼ cup fine dry bread crumbs
- 2 tablespoons chopped parsley
- ¼ teaspoon salt
- Dash pepper
- 2 cups mashed potatoes
- ¼ cup shredded mild cheese

Mix thoroughly ½ cup soup, beef, onion, egg, bread crumbs, parsley, and seasonings. Press *firmly* into 9-inch pie plate. Bake at 350° F. for 25 minutes; spoon off fat. Frost with potatoes; top with remaining soup and cheese. Bake 10 minutes more or until done. Garnish with cooked sliced bacon if desired. Makes one 9-inch meat pie.

SOUPREME SKILLET CHICKEN

- 2 medium zucchini
- 2 pounds chicken parts
- 2 tablespoons shortening
- 1 can Campbell's Cream of Celery Soup
- 1 teaspoon paprika
- ½ teaspoon basil leaves, crushed
- 1 medium clove garlic, minced
- ½ cup drained chopped canned tomatoes

Cut zucchini in half lengthwise; slice diagonally in ½-inch pieces. In skillet, brown chicken in shortening; pour off fat. Add soup and seasonings. Cover; cook over low heat 30 minutes. Stir occasionally. Add zucchini and tomatoes. Cook 15 minutes more or until tender. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.00 with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55359. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

Campbell's makes your cooking M'm! M'm! Good!



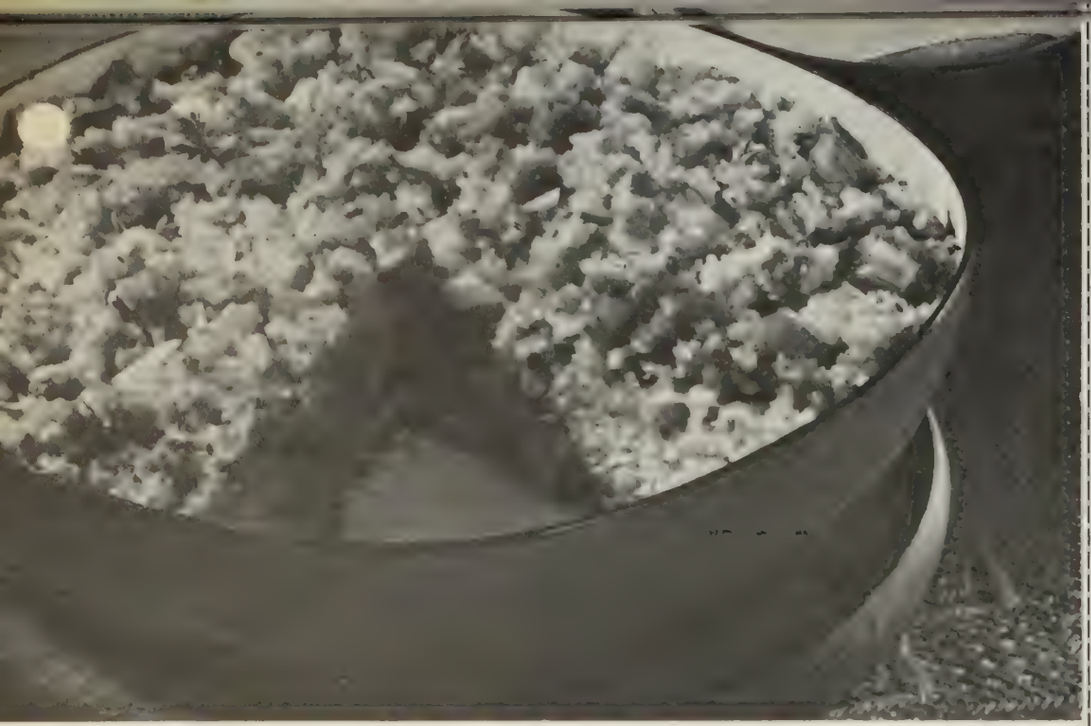
If you remember last year's holiday dinner, you're probably remembering a Butterball Swift's Premium Turkey.

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TURKEY

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FILE UNDER POULTRY

TURKEY POSTSCRIPTS

Turkey Skillet Pie

Herb-stuffing mix and cheese turn leftover into prizewinner—

⅓ cup chopped celery
6 tablespoons butter or margarine
⅔ cup water
2 cups herb-seasoned stuffing mix
3 beaten eggs
1 5⅓-ounce can (⅔ cup) evaporated milk
1 single-serving-size envelope cream of mushroom soup mix
2 tablespoons finely chopped onion
3 cups finely chopped or ground cooked turkey
1 cup (4 ounces) shredded process Swiss cheese
2 tablespoons snipped parsley

Cook celery in butter or margarine till tender. Add water and stuffing mix; toss to coat. Set aside. Combine eggs, milk, soup mix, onion, and a dash pepper. Stir in turkey. Turn turkey into well-greased 8-inch skillet; sprinkle with cheese. Top with stuffing mixture; cover. Cook over medium-low heat 10 to 15 minutes. Sprinkle with parsley. Let stand 5 minutes. If desired, pass *Mushroom Sauce:* Combine 2 single-serving-size envelopes cream of mushroom soup mix and 1 cup boiling water; stir till dissolved.

Mrs. Amelia Alcott, Winthrop, Me.



Photographs: Dieter

FILE UNDER DESSERTS

PUMPKIN DESSERTS

Pumpkin Cake Roll

A pumpkin-flavored jelly roll wins first prize—

Beat 3 eggs on high speed of mixer for 5 minutes; gradually beat in 1 cup granulated sugar. Stir in ⅔ cup pumpkin and 1 teaspoon lemon juice. Stir together ¾ cup flour, 1 teaspoon baking powder, 2 teaspoons cinnamon, 1 teaspoon ginger, ½ teaspoon nutmeg, and ½ teaspoon salt. Fold into pumpkin. Spread in greased and floured 15x10x1-inch pan. Top with 1 cup finely chopped walnuts. Bake at 375° for 15 minutes. Turn out on towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together; cool. Unroll. For filling: combine 1 cup powdered sugar, two 3-ounce packages cream cheese, 4 tablespoons butter or margarine, and ½ teaspoon vanilla; beat smooth. Spread over cake; roll. Chill. Makes 8 servings.

Lucy Feldkamp, Ann Arbor, Mich.

Cut along dotted line



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No-bake Pumpkin Tarts

A versatile pumpkin pudding filling that is equally delicious in graham-cracker tart shells or as a parfait—

1 16-ounce can (2 cups) pumpkin
1 13-ounce can (1⅔ cups) evaporated milk
1 4½-ounce package no-bake custard mix
2 egg yolks
¼ cup packed brown sugar
1¼ teaspoons pumpkin pie spice
12 baked tart shells
Pecan halves or whipped cream

In saucepan, combine pumpkin, evaporated milk, custard mix, egg yolks, brown sugar, and spice. Mix together thoroughly. Cook, stirring constantly, till mixture boils. Remove from heat; cover surface with waxed paper or clear plastic wrap. Cool about 1 hour. Pile into tart shells. Chill till set. Garnish with pecan halves or whipped cream. Makes 12 servings.

Mrs. Sue Ponzi, Denver, Colo.



Pumpkin Orange Squares

Orange juice concentrate accents the convenient canned pumpkin—

1½ cups sugar
½ cup shortening
1 cup canned pumpkin
2 eggs
½ of 6-ounce can (⅓ cup) frozen orange juice concentrate, thawed
1⅔ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon ground allspice
½ teaspoon ground cloves
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
Whipped cream

In mixer bowl, cream together sugar and shortening. Beat in pumpkin, eggs, and orange juice concentrate. Stir together flour, baking powder, soda, ¾ teaspoon salt, and spices. Beat into pumpkin mixture. Turn into greased and floured 13x9x2-inch baking pan. Bake in 350° oven 30 to 35 minutes. To serve, garnish with whipped cream. Makes 8 to 10 servings.

Mrs. Eugene Hoffarth, Shoreview, Minn.



Turkey-rice Bake

6 slices bacon
½ cup chopped onion
1½ cups cooked long-grain rice
1 10-ounce package frozen chopped spinach, cooked and well-drained
¼ cup sliced water chestnuts
2 tablespoons chopped pimiento
1 can condensed cream of mushroom soup
½ cup dairy sour cream
6 large slices cooked turkey
¾ cup soft bread crumbs (1 slice)
1 tablespoon butter or margarine, melted

Cook bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook onion in drippings till tender. Combine rice, bacon, onion, spinach, water chestnuts, pimiento, and ¼ teaspoon salt. Combine soup and sour cream; stir half into rice mixture. Turn into a 10x6x1½-inch baking dish. Arrange turkey slices over rice. Spoon remaining soup mixture atop. Combine bread crumbs and butter or margarine; sprinkle around edge. Bake in 350° oven 30 minutes. Makes 6 servings.

Mrs. Robert W. Brownlee, Arlington, Va.



Turkey-mushroom Quiche

Cream of shrimp soup dresses up leftover turkey—

1 cup finely chopped cooked turkey
1 3-ounce can sliced mushrooms (about ½ cup), drained
1 9-inch baked pastry shell, cooled
¾ cup (3 ounces) shredded process American cheese
1 can condensed cream of shrimp soup
¼ cup milk
4 slightly beaten eggs

Arrange turkey and mushrooms in prepared pastry shell; sprinkle with cheese. In small saucepan, combine soup and milk; heat just to boiling, stirring constantly. Gradually stir into eggs. Pour soup mixture over cheese. Bake in 325° oven 40 to 45 minutes or till knife inserted off-center comes out clean. Let stand 10 minutes. Makes 6 servings.

Mrs. Ralph Fessenden, Missoula, Mont.

Whip up some fun!



Fill patty shells with strawberries and top with Plain Whipped Cream Cheese.

This sugar cone, filled with instant chocolate pudding, is topped with Plain Whipped Cream Cheese.





Philadelphia Brand Whipped Cream Cheese served in an orange shell, is perfect for spreading on fruit and crackers.

Stuffed celery tastes good with Smoked Salmon, Bacon and Horseradish or Onion flavors.



For sliced date-nut bread, spread on the Blue Cheese flavor and garnish with pineapple.

Serve hard-cooked eggs with the Chive or Pimento flavors.





KRAFT
Division of **Kraftco Corporation**

All these snack and party dishes are made easily with the eight delicious flavors of Philadelphia Brand Whipped Cream Cheese, guaranteed fresh when you buy it or your money back from Kraft.

Whip up some fun with Plain, Chive, Bacon and Horseradish, Roquefort, Smoked Salmon, Pimento, Onion and Blue Cheese.

Philly's been Whipped! Spread it around.

Second-day turkey dishes



And Real Mayonnaise is the other name for Best Foods®.

It takes fresh, delicate Real Mayonnaise to dress up left-over turkey so many delicious ways. Heat it or chill it. Real Mayonnaise is so smooth and creamy, it holds up in everything from casseroles to sauces like these. And Real Mayonnaise means whole-egg Best Foods.

TURKEY CRUNCH CASSEROLE

Delicate Best Foods won't overpower even the mildest flavors.

- 3 cups diced cooked turkey
- 2 hard cooked eggs, chopped
- 1 can (4 oz) sliced mushrooms
- 3/4 cup diced celery
- 1/2 cup slivered blanched almonds
- 1 tablespoon chopped onion
- 1 can (10 1/2 oz) condensed cream of chicken soup
- 3/4 cup BEST FOODS Real Mayonnaise
- Chow mein noodles or crushed potato chips

Mix together first 6 ingredients. Stir soup into Real Mayonnaise; toss with turkey mixture. Turn into 2-quart casserole. Sprinkle with noodles. Bake in 350° F oven 30 minutes or until mixture is bubbling. Serves 6.



TURKEY CHEESE BALL

Best Foods helps keep this canape spread just-made fresh.

- 1 package (8 oz) cream cheese
- 1 cup finely chopped cooked turkey
- 3/4 cup finely chopped toasted almonds
- 1/3 cup BEST FOODS Real Mayonnaise
- 2 tablespoons chopped chutney
- 1 tablespoon curry powder
- 1/4 teaspoon salt
- Chopped parsley
- Assorted crackers

Mix together first 7 ingredients. Chill several hours; shape into ball. Roll in parsley. Serve with crackers. Makes 2 1/2 cups.

FAMILY FOOD IDEAS



TURKEY BURGERS

Best Foods won't separate even when heated in a recipe like this.

- 2 cups chopped cooked turkey
- 1 egg, slightly beaten
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/2 cup diced celery
- 1/4 cup fine dry flavored or plain bread crumbs
- 2 tablespoons finely chopped onion
- 2 tablespoons finely chopped blanched almonds (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Bread crumbs
- 1 tablespoon Nucoa® margarine
- 3 English muffins, split and toasted
- Lettuce

Mix together first 9 ingredients. Chill. Shape into 6 patties; roll in bread crumbs. Melt margarine in skillet over medium heat. Cook about 10 minutes or until evenly browned. Serve on muffin halves with lettuce. Serves 6.

hat start with Real Mayonnaise.



TANGY CREAMED TURKEY

Smooth-blending Best Foods makes this sauce extra creamy.

2 tablespoons Nucoa margarine
1/4 pound mushrooms, sliced (about 2 cups)
1/2 cup chopped onion
1/4 cup chopped green pepper
1 cup BEST FOODS Real Mayonnaise
1 cup plain yogurt
1/2 teaspoon salt
Dash pepper
1 1/2 cups chopped cooked turkey
1 cup cooked green peas
1 tablespoon chopped pimiento
Cooked saffron rice

rgarine in skillet over medium heat. Add mushrooms, onion and green pepper; ntil tender. Mix together next 4 ingredients; add to sauteed vegetables. Stir in peas and pimiento. Heat over low heat until thoroughly heated. Serve with rice. 4.





TURKEY LOAF

Whole-egg Best Foods helps this loaf stay in shape.

6 cups finely chopped turkey
1/2 cup fine dry bread crumbs
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup chili sauce
1 cup BEST FOODS Real Mayonnaise
1 teaspoon salt
1/8 teaspoon pepper

Combine all ingredients. Turn into greased 9 x 5 x 3-inch loaf pan. Bake in 350°F oven 30 minutes or until lightly browned. Serve with sauce, if desired. Serves 8.

TURKEY DIVAN

Versatile Best Foods makes a creamy sauce in just one step.

1/4 cup milk
1/2 cup BEST FOODS Real Mayonnaise
1/2 cup finely shredded Cheddar or grated Parmesan cheese
Cooked turkey slices
1 package (10 oz) frozen broccoli spears, cooked and drained
4 slices toast

Gradually stir milk into Real Mayonnaise in saucepan. Heat over low heat just until hot. Stir in cheese until melted. Arrange turkey and broccoli on toast. Spoon on cheese sauce. Serves 4.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST.

Best Foods, a Division of CPC International Inc. cpc





Kits for small worlds

All kits include 10-gallon all-glass aquarium with glass top, and two piece poly-plastic non-rust frame. Price includes the postage and handling.

All animals are shipped Air Mail Special Delivery guaranteed to arrive alive or will be replaced free of charge. Appropriate substitutes as newts or frogs will be made if necessary. All animals come with instructions for feeding and care.

To ensure proper handling, items will be shipped in separate packages.

Send order and remittance to: Better Homes and Gardens, Dept. 2L3, Box 374, Des Moines, Iowa 50336

Please send me the following check one:

☐ Junior Jungle, includes 10-gal. aquarium, variety of jungle plants, two Chameleons. No. 13845, $34.99

☐ Secluded Woodland, includes 10-gal. aquarium, variety of woodland plants, and two Gecko Tree Lizards. No. 13848, $34.99

☐ Miniature Marsh, includes 10-gal. aquarium, variety of marshland plants and two Western Toads. No. 13851, $34.99

Our Guarantee: Money back if not completely satisfied.

If you wish to use your charge card, please fill out appropriate boxes below:

Expiration Date Month/Year

Master Charge Interbank No.

Credit Card No.

Name_____

Address_____

City_____ **State**_____ **Zip**_____

SOY SAVVY

Soybeans are great impersonators. Their protein can be flavored, colored, and then formed into slices, chunks, chips, or cubes to simulate other foods. Here we've used ham-flavored soy protein bits (such as you see in the scoop) to make a flavorful casserole.



Photographs: Dieter

"HAM" MEDLEY

You can also stir 3 cups cubed cooked ham in place of the ham-flavored soy protein into the noodle mixture—

3 cups (6 ounces) medium noodles
1 3-ounce package (⅔ cup) ham-flavored textured vegetable protein bits (soy)
1 teaspoon salt

• • •

1 cup chopped celery
½ cup chopped green pepper
½ cup chopped onion
4 tablespoons butter or margarine
¼ cup all-purpose flour
1 teaspoon salt
Dash pepper
2½ cups milk
2 cups cream-style cottage cheese
2 tablespoons butter or margarine, melted
½ cup fine dry bread crumbs

In large saucepan, cook noodles, textured vegetable protein, and the first 1 teaspoon salt in large amount of boiling water till noodles are just tender; drain. In another large saucepan, cook celery, green pepper, and onion in the 4 tablespoons butter or margarine till tender but not brown. Blend in flour, remaining salt, and the pepper. Stir in milk and cottage cheese. Cook, stirring constantly, till mixture thickens and bubbles. Stir in noodle mixture. Turn into 12x7½x2-inch baking dish. Combine remaining butter and crumbs; sprinkle in ring around edge of casserole. Bake in 350° oven for 50 minutes or till hot. Makes 8 servings.

Season's Eatings from Pillsbury

So easy with Pillsbury Bread Mixes.















Pick a shape. Pick a flavor. Any one of the ideas above can be made quick and easy with any of the Pillsbury Bread Mixes.

It hardly takes any time at all to mix up a batch of delicious goodies with Pillsbury Bread Mixes. It's so easy: the oven does most of the work.

Baking for the holiday season or any season is a snap when you use your imagination and the 7 Pillsbury Bread Mixes.

©, PILLSBURY CO 1974

FAMILY FOOD IDEAS

KNOX BLOX

New finger-size gelatine snacks.

Knox has a nifty new snack idea that's a knock-out with kids. It's firmed up, finger-sized, fruity gelatine squares. They're firm enough to never melt or get mushy even at room temperature. But still have enough wiggle to tempt any tot. And a snap to make. Just add Knox® Unflavored Gelatine to any flavored gelatine and your Knox Blox will stay firm until the last block is all gobbled up. Doesn't that sound better than candy?

4 envelopes Knox Unflavored Gelatine
3 packages (3 oz. ea.) flavored gelatine
4 cups boiling water

In large bowl, combine Knox Unflavored Gelatine and flavored gelatine; add boiling water and stir until gelatine dissolves. Pour into large shallow baking pan (for example, 13" x 9") and chill until firm. Cut into squares to serve. Makes about 100 one inch squares.



FAMILY FOOD IDEAS

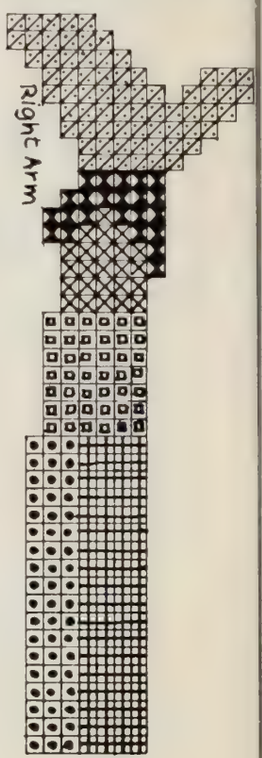
begins on page 94

Holiday craft gifts

Needlepoint jumping jack, pag

Materials: Needlepoint canv plastic or No. 12 mono; Pe yarn or 4-ply knitting worste the following colors and nur of yards: black (8); green (7) pink (3); white (12); orange fuchsia (7); blue (4); gold yellow (5); red (5); turquoise flesh (6); tapestry needle; p board; white glue; wood b

1. Enlarge patterns for b pieces and trace on canvas.
2. Following colors shown in gram, use a double strand of to work half cross-stitches. W working the left vertical ed



continued

We're Listening

Your family can make market research work. If you do not consider your family "typical"—so much the better. Let food manufacturers know how you do things. They are using your attitudes and activities as guidelines. You can create changes in the areas where you need changes most.

You are invited to be a part of this project by the following Family Food Ideas advertisers: Knox Drinking Gelatine, Wish-Bone Salad Dressing, Rath Ham, Accent, Morton's Frozen Fruit Pies, Dole Sliced Pineapple, Rice-A-Roni and Kikkoman Soy Sauce, Standard Brands Fleischmann's Margarine, SPAM, Reynolds Wrap Aluminum Foil, Pillsbury Bundt Cake, Kellogg's Croutettes, Grocery Store Products—Kitchen Bouquet, Pillsbury Cinnamon Rolls, Hellmann's/Best Foods Real Mayonnaise, Campbell Soup, Pillsbury Bread Mix and Pillsbury Rich 'N Easy. Your comments, directed to any of these advertisers, are welcome. Enclose them with your answer sheet.

Please complete this answer sheet and mail to
Family Food Ideas, P.O. Box 4502, Des Moines, Ia. 50336

ANSWER SHEET

1.____	8.____	15.____	22.____	29.____	36.____
2.____	9.____	16.____	23.____	30.____	37.____
3.____	10.____	17.____	24.____	31.____	38.____
4.____	11.____	18.____	25.____	32.____	39.____
5.____	12.____	19.____	26.____	33.____	40.____
6.____	13.____	20.____	27.____	34.____	41.____
7.____	14.____	21.____	28.____	35.____	42.____

We live in _____ (state).

1. After one year of coping with rising food prices, I feel we have (Enter numbers for all answers which apply) **(1)** Resigned ourselves to the fact that food will not be cheap again **(2)** Made changes during the year but have now reverted back to many previous shopping habits **(3)** Made important and lasting changes in the way we shop and foods we eat regularly **(4)** Have not made many changes.

2. What percent of your purchases of canned and frozen fruits and vegetables are "store" or "private" label brands—as opposed to "name" or "national" brands? (Enter percent on answer sheet.)

3. Does the usage of "store" brands, as reported in the preceding question, reflect **(1)** An increase **(2)** A decrease **(3)** No significant change.

4. When I see a supermarket advertise that its "store" brand items are comparable in quality to national brands, my reaction is **(1)** I don't believe the claim **(2)** I question the claim, but am willing to try the brand to decide **(3)** I question the claim and will not spend the money to try the product **(4)** I believe the claim.

5. We regularly buy and use **(1)** Butter only **(2)** Margarine only **(3)** Both, but more butter **(4)** Both, but more margarine **(5)** Use both equally.

6. We use butter on the table for **(1)** Family meals **(2)** Guests **(3)** Both **(4)** Neither.

7. I use butter as an ingredient in **(1)** Cookies **(2)** Cakes **(3)** Sauces.

8. My most frequent use of butter is for **(1)** Table **(2)** Baking and cooking **(3)** Do not use.

9. I feel that margarine and butter are interchangable in recipes **(1)** Always **(2)** Usually **(3)** Sometimes **(4)** Never.

10. The most important factor to me in choosing margarine is **(1)** Taste **(2)** Health benefits **(3)** Price.

11. When I buy butter, I usually purchase **(1)** Four sticks **(2)** One-pound print **(3)** Soft tub or whipped **(4)** Do not buy.

12. When I buy margarine, I buy **(1)** Stick **(2)** Soft **(3)** Both **(4)** Do not buy.

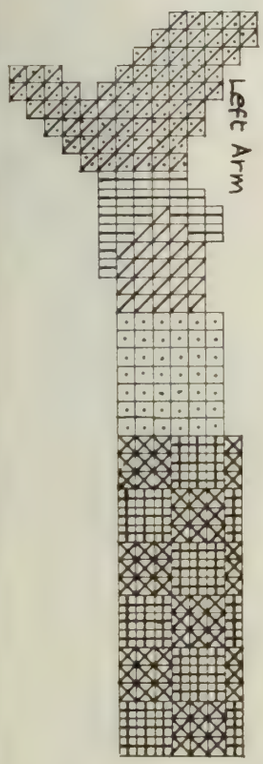
13. To judge the taste of a mar-

ork from down to up. Work the per horizontal edges from right left. This will make the stitches ong the edges correspond in rection to the stitches made roughout. The corner intersec- ons can be covered with a stitch the opposite direction.

When all five pieces are com- ete, cut five slightly smaller atching pieces from poster ard. Glue each to back of edlepoint piece (fold under raw nvas) and weight with books. low to dry overnight.

To attach arms and legs to dy, use yarns to match body rts and a sharp needle. Holding e left arm and shoulder body rts together face up, push the edle through cardboard. Draw

ntinued





FAMILY FOOD IDEAS

garine, I compare it with **(1)** A good margarine **(2)** Butter.

14. Compared to only six months ago, our use of butter has **(1)** Increased **(2)** Decreased **(3)** Not changed.

15. Which of the following statements best describe your attitude about cholesterol? **(1)** We consciously avoid high-cholesterol foods **(2)** We use little or no butter because of cholesterol content **(3)** I select certain margarines because I think they are safer for my family **(4)** I am not very concerned about cholesterol at this point in our lives **(5)** I really don't know too much about cholesterol **(6)** I am aware of the fact that the body maintains a natural ability to make its own cholesterol.

16. The head of our household is in the following age group **(1)** 18-24 **(2)** 25-34 **(3)** 35-49 **(4)** 50-64 **(5)** 65 or over.

17. The female household head in our family is **(1)** Employed outside the home **(2)** Not employed outside the home.

18. I use frozen chopped onions **(1)** Regularly **(2)** Occasionally **(3)** Seldom or never.

19. Compared to a year ago, this use of frozen chopped onions is **(1)** An increase **(2)** A decrease **(3)** No change.

20. I do not use frozen chopped onions because **(1)** Cost **(2)** Not as much flavor as fresh **(3)** Other reason.

21. I serve onion rings at home **(1)** Regularly **(2)** Occasionally **(3)** Seldom or never.

22. I use **(1)** Homemade onion rings **(2)** Frozen natural rings **(3)** Frozen formed onion rings **(4)** Do not use.

23. Frozen onion rings could be improved by better **(1)** Batter/breading **(2)** Onion flavor **(3)** Appearance **(4)** Other ways.

24. In the past month I have used canned tuna **(1)** Once **(2)** Twice **(3)** Three times **(4)** Four times **(5)** Five or more times **(6)** None.

25. I most frequently use canned tuna for **(1)** Sandwiches **(2)** Salads **(3)** Casseroles **(4)** Do not use.

26. The big difference between brands of canned tuna is **(1)** The way the tuna is prepared **(2)** The kind of tuna used **(3)** There's no real difference.

27. The most important reason for serving canned tuna to my family is **(1)** It is easy to fix **(2)** It is nutritious **(3)** We like the taste **(4)** It is inexpensive.

28. I serve turkey **(1)** Once a year **(2)** Twice a year **(3)** More than twice a year **(4)** Never.

29. When I buy turkey, I prefer **(1)** Whole turkey **(2)** Turkey roast **(3)** Turkey parts.

30. Would you buy ground turkey? **(1)** Yes **(2)** No **(3)** Maybe.

31. Our chief use of leftover turkey is **(1)** Casseroles **(2)** Soups **(3)** Meat salads **(4)** Sandwiches.

32. When I roast a whole turkey, I usually roast it **(1)** Uncovered **(2)** Covered roaster **(3)** Roaster covered part of the time **(4)** Covered with foil **(5)** Cooking bag **(6)** Microwave oven.

33. Do you use a meat thermometer regularly? **(1)** Yes **(2)** No **(3)** Don't have one.

How many times in the past month did you serve chicken that was: (Enter number of times beside number of question on answer sheet)

34. Bought ready-to-eat at carry-out **35.** Fried at home **36.** Baked in oven **37.** Barbecued on grill **38.** Chicken prepared other ways.

39. When I use canned condensed soup I usually **(1)** Add water **(2)** Add milk **(3)** Add milk to certain soups, water to others.

40. Compared to a year ago, my use of spices, herbs and flavorings has **(1)** Increased **(2)** Decreased **(3)** Not changed.

41. A variety of free cents-off coupons for national brand items packed inside the carton of another national brand is a valid inducement for me to purchase the product carrying the coupons **(1)** Agree **(2)** Disagree.

42. I am redeeming more cents-off coupons now than I was a year ago. **(1)** Agree **(2)** Disagree.

Thank you for your help!

How many idea
one can

Lots of compliments come easy with a Rath Canned Ham.

A Rath Canned Ham is great for more things than just Sunday dinner.

After the dinner's over, you can turn what might be ordinary leftovers into "Planovers." You might serve Ham Oriental, or a delicious Ham Salad.

And you know you'll have meals you can be proud of. Because, with Rath, every tender slice will be just as good as the last.

Rath Canned Hams. Don't take us home just for the holidays.

We've got too many other ideas inside that can.

HOMESTYLE HAM STEW
In Dutch oven cook, covered, 1 c. frozen cut green beans in 3 c. boiling chicken broth. Add drained canned vegetables: 12 white onions, 1 c. small whole carrots, 1½ c. sliced white potatoes. Stir in one thawed Handy Ham Mix and ¼ tsp. crushed rosemary. Heat 5 min. Combine ¼ c. flour with ½ c. dairy sour cream; blend into stew. Heat (do not boil), stirring, until thickened. Makes 4 servings.



HAM PARMESAN
Heat one thawed Handy Ham Mix (recipe below) with 1 3-oz. can mushroom crowns, drained. Meanwhile cook 6 oz. medium noodles 5-8 min. in 2¼ qt. boiling water with 2 chicken bouillon cubes. Drain; toss with ¼ c. melted butter and ½ c. grated Parmesan cheese. Arrange noodles around outside edge of 12x8x2-inch casserole; spoon Ham Mix into center. Top with ¼ c. more cheese. Broil 3 min. Makes 4 servings.

HANDY HAM MIX
Put 1 c. cubed Rath Canned Ham in each of 3 containers. In saucepan melt ½ c. butter. Blend in ½ c. flour. Stir in 1 qt. chicken broth, 2 tbsp. lemon juice, 2 bay leaves, 6 whole cloves, dash white pepper. Cook, stirring, until thickened. Remove bay leaves and cloves. Pour 1⅓ c. over ham in each container. Freeze. Use in Ham Parmesan, Ham Stew, Hot Ham Salad. Makes 7 cups.

HAM ORIENTAL
In 10-inch frypan heat ¼ c. oil. Add, stir-fry time given, remove, keep warm: ¼ c. cashews (½ min.); ¼ tsp. garlic powder, 1 10-oz. pkg. thawed frozen broccoli, cut up, ¾ c. sliced water chestnuts (4-5 min.); 1¾ c. Rath Canned Ham sticks, 2" x ¼" (2 min.). Serve broccoli with hot cooked cashew-topped rice. Put ham sticks in bowl with orange sauce: Combine 1 tbsp. sugar, 1½ tsp. cornstarch, ¾ c. orange juice; cook, stirring, until thickened. Makes 4 servings.

an you get out of ath Ham?



HOT HAM SALAD
Transfer ham cubes from one thawed Handy Ham Mix to bowl. Mix in: ¼ c. each sliced celery, chopped green pepper, sliced stuffed olives; 4 chopped hard-cooked eggs; 2 tbsp. corn relish. Combine 1 beaten egg and ¼ c. mayonnaise with broth; toss with ham mixture. Turn into greased 1-qt. casserole. Top with ¾ c. buttered bread crumbs. Bake at 350°F. 15-20 min. Makes 4-6 servings.



For a free booklet of Rath "Planover" recipes, send 25¢ for postage and handling to The Rath Packing Company, Waterloo, Iowa.





CRUSTY HAM SIZZLER Cut 6 ¼-inch slices Rath Canned Ham in half. Dip bottom sides only in 1 beaten egg, then in 1 c. finely crushed cheese cracker crumbs. Put, uncoated sides down, at one end of broiler-pan rack. Place 1 29-oz. jar fruits for salad, drained, at other end; brush with 2 tbsp. melted currant jelly. Broil 4" from heat for 5 min. Serve 3 half-slices ham and 8 pieces fruit per person. Makes 4 servings.

IOWA SENDS HER BEST.

©1973 The Rath Packing Company, Waterloo, Iowa

Rath

FAMILY FOOD IDEAS

Good Housekeeping

HOW CAN 1/2¢ MAKE A HAMBURGER MORE FLAVORFUL?



Accent Flavor Enhancer has the answer

Getting all the flavor you pay for is important, especially today, with the high cost of meat and other foods. It takes less than 2 cents worth of Accent Flavor Enhancer per pound of meat (or ½ tsp. per 4-6 servings) to help restore its good, natural flavor.

The next time you make hamburgers try this.

Divide one pound of hamburger in half.
Mix ¼ teaspoon of Accent Flavor Enhancer into one half.
Form equal size patties from each half. Cook.

Then do a taste test. Try some of the hamburger without Accent Flavor Enhancer first. Then try ours. We think you'll notice a delicious difference—the hamburger made with Accent Flavor Enhancer will be more naturally flavorful and juicy.

During the trip to your table, many foods lose some natural elements that heighten flavor. The Accent people take one of the most important of these flavor elements from another natural food source (sugar beets).

Just add these pure, white crystals to foods to help restore their fresh, natural flavor . . . much as you might add water to a cut flower that has lost moisture to help restore its fresh beauty.

Serve your hamburgers with piping hot soup and a tossed salad. They need Accent Flavor Enhancer, too. Keep it with the salt and pepper, just as a reminder to use it.



FAMILY FOOD IDEAS

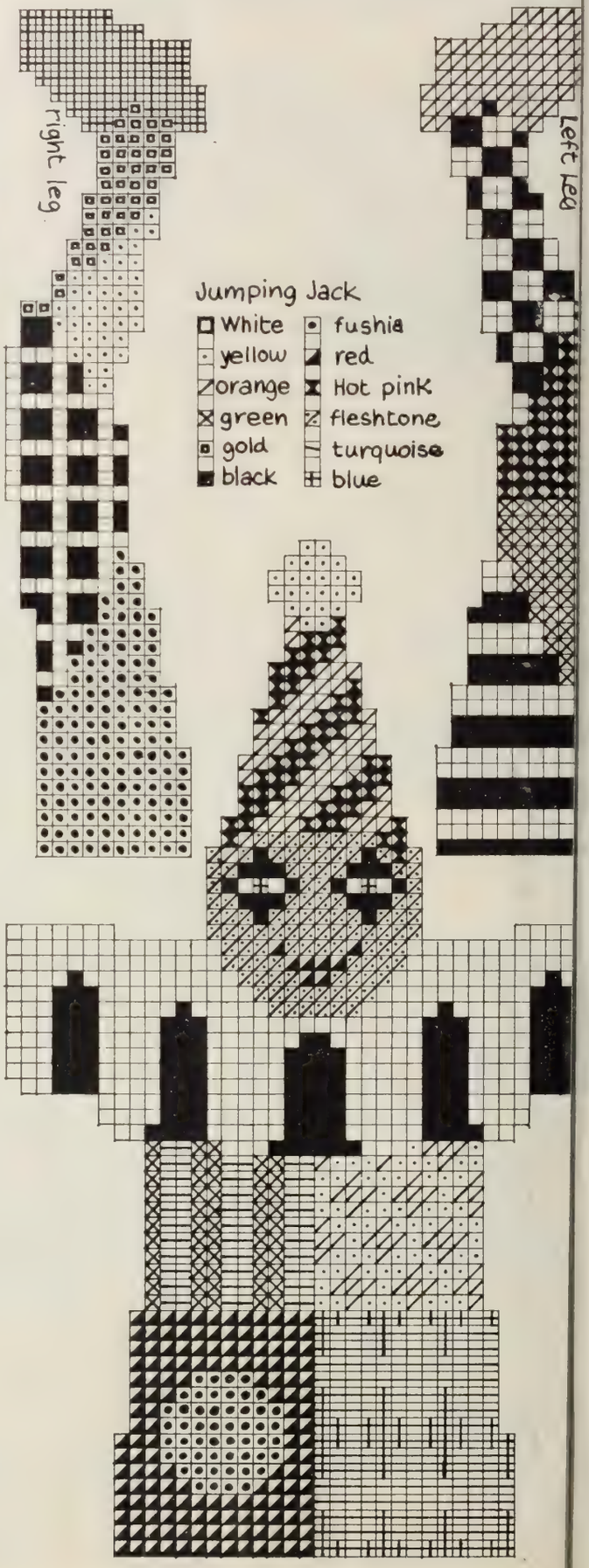
Foods need Accent Flavor Enhancer like flowers need water.

continued

Holiday craft gifts

the yarn through both the arm and shoulder, form a stitch over the stitch already worked back through both pieces ag and knot on the back. Trim e of yarn. Repeat for leg to and then repeat for right side. 5. Attach lengths of yarn at

continued



Now there's a pie even better than ours.



Morton Fruit Pie

Morton Pastry Shop Pie

UNRETOUCHED PHOTOGRAPHS

Introducing Morton® Pastry Shop Pies.

For 20 years, Morton has been America's favorite frozen dessert pie.

Now we've made those good pies even better. So much better, they rate a new name to describe them better: Morton Pastry Shop Pies.

FRUITIER FRUIT PIES. Our luscious new fruit pies are even deeper, filled way up with 24% more fruit. Like juicy Golden Delicious apples, plump Montmorency cherries. With a crust that's extra light and flaky. And a taste that's even more delicious.

EXTRA-CREAMY CREAM PIES. Our marvelous new cream pies have fillings that are extra rich and smooth. There's more topping than ever, topping that's unbelievably creamy.

New Morton Pastry Shop Pies. Treat your family to the pies that are even better than our pies.

Morton Pastry Shop Pies.



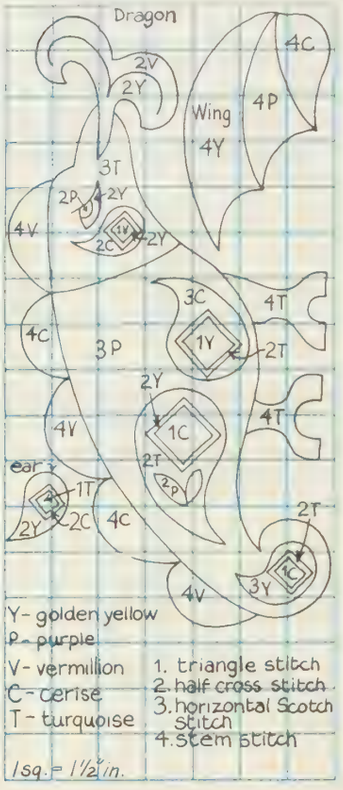
FAMILY FOOD IDEAS

continued

Holiday craft gifts

ner upper corners of each arm and leg. Bring these four lengths together and knot between the knees. Trim yarn. Attach a wooden bead if desired.
6. Attach yarn to tip of hat for hanging.

Needlepoint dragon, page 95
Materials: 12x20-inch piece of No. 10 Penelope canvas; 40-yard skeins of Persian yarn in golden yellow, purple, vermilion, cerise, turquoise (you may substitute knitting worsted or tapestry yarn); 12x20-inch piece of felt in one of above colors; tapestry needle; polyester batting; waterproof felt-tip pen.



1. Enlarge pattern and trace over every line with heavy strokes. Place canvas over pattern (lines should show through mesh). Trace on canvas with waterproof felt-tip pen.
2. Work needlepoint according to color and stitch guide on drawing. Work triangle stitches first, then half cross areas. Fill in with horizontal Scotch stitch and then work stem stitch.
3. Block. Trim around canvas, leaving ⅜ inch for turning under. Trace outline of dragon parts on felt and cut out. Pin to canvas dragon. Clip corners and curved edges of canvas.
4. Stitch canvas to felt, turning edges of canvas under as you work. Stuff small areas such as flames, head, feet, and tail as you sew. Continue to stuff and sew until complete.
5. Repeat with wing and ear and attach to dragon.

Country kitchen napkins page 94
Materials: 2 different print fabrics (½ yard will make two napkin centers, ½ yard of 45-inch fabric will make binding for 2 napkins). Finished size: 20½ x 20½ inches.
1. Cut 18x18-inch squares for the center of each napkin. Cut strips of banding fabric 4½ inches wide, fold in half and press. Press under raw edges (¼ inch) to form wide banding tape (finished to 1¾ inches wide).
2. Cut four pieces of cut and folded banding 21 inches long. Measure in 1⅝ inches from each outside edge, mark open pressed edge of fabric. Cut diagonally from this mark to the outside corner of the folded edge. This gives you a piece 17¾ inches long on the open edge and 21 inches long on the folded edge.
3. Place ends of banding strips right sides together and sew ⅜-inch seams. Clip and turn to form a mitered frame. Press flat. Insert the 18-inch square fabric into the frame so it is overlapped ½ inch on all sides. Pin to hold and topstitch by machine.
4. For napkin basket, cut strips of napkin fabric 3 inches wide and long enough to go around a small peach basket. Add a few extra inches in length. Coat wrong side of fabric with glue to prevent raveling. When fabric is dry, cut to precise width of basket band and attach with glue.

Hand puppets, page 95
Materials: 12x72-inch piece pink felt; batting; muslin; stuffing; glue; one red bandanna; fabric scraps; 2 ounces each ½-inch-thick acrylic orange and yellow yarn; 4½-inch-diameter plastic eyes; ribbon; la small buttons.
Directions for girl.
1. Enlarge pattern and pink felt headpieces, t batting and two from mu two felt pieces on top other, then place batting side of the felt. Pin musl of each side through a nesses. Machine-stitch from edge all around, lea tom neck open. Clip cu turn. Hand-stitch openi ing space for finger.
2. Cut four pieces of fa legs. Stitch seams ¼ inc leg, leaving top open. Cl and turn. Stuff lower foo about 6 inches up from foot. Stitch across leg ab ing. Overlap legs 1½ inc center top, topstitching (these will be attached



: body pattern from
ıd cut two pink felt
ıd hands. Cut two
rint fabric the same as
ody, eliminating the
chine-stitch print fab-
of felt pieces. Place
es right sides together,
itch (¼-inch seams).
c and waistline open.
and turn.
8-inch white slip. Sew
trim on bottom edge.
itch sides together.
ıe fabric as bodice
3½x18-inch strip for
½-inch lace trim to
ge; sew sides together.
inside skirt piece. On
ın gathers to fit waist-
lice. Attach legs.
ch head, insert head-
ı inside neck opening,
ınd neck together by hand. Glue on lace trim to neckline and sleeves. Sew on small buttons to bodice front and tie ribbon around waist.

6. Cut 10-inch lengths of yellow yarn for girl's hair. Wrap yarn around two fingers twice. Sew together and then to head about ¾ inch apart, covering the entire back of head.

7. Laying puppet flat, glue eyes in place. Glue on pink felt circles for cheeks. When glue is dry, draw on eyelashes and mouth.

8. For boy puppet, follow instructions for girl's head and legs. Omit stitching legs together on center seam.

9. Enlarge drawing for bell-bottom pants, cut out and sew together, clip curves and turn. Slip legs through pants and sew together through all the thicknesses at the top.

10. Cut two pink felt bodices and hands. Cut two red bandanna pieces from girl's bodice pattern, but eliminate hands. Stitch as for the girl.

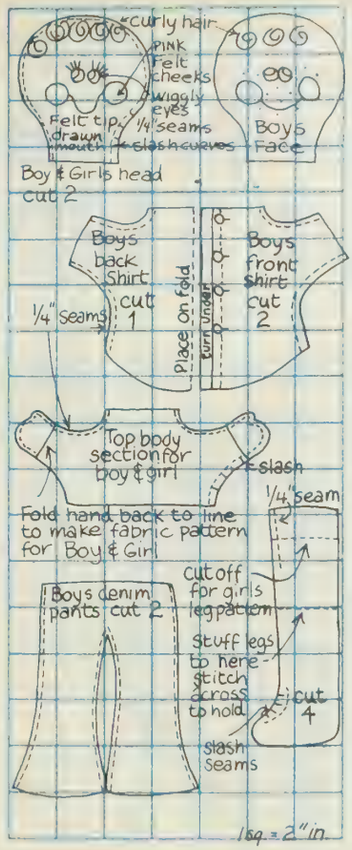
11. Machine-stitch bodice together in same manner as girl's. Stitch pants and legs to center of boy's body. Attach head to body as with girl puppet.

12. Enlarge pattern for shirt and cut two pieces from red bandanna. Sew buttons down front of shirt. Place on boy puppet. Tack shirt to body back edge to hold.

12. Cut a 7x14-inch red bandanna triangle for scarf. Hem under raw edges and tie around boy's neck. Tack at center front.

14. For boy's hair, cut 8-inch lengths of orange yarn. Wrap around finger twice. Sew on in same manner as for girl, only higher on the neckline.

15. Follow directions for girl's face but omit eyelashes.



Cactus garden, page 96

1. Enlarge drawing #1 and cut four pieces from 15x25-inch piece of green corduroy.

2. Leaving bottom open, join sides of all four pieces right sides together to form one unit (stitch from bottom side up to center point A using ½-inch seams).

3. Clip curved seams and turn. Topstitch down the center of all four units to give four separate sections.

4. Stuff each section, then hand-stitch bottom closed.

5. Tack 7-inch pieces of cord or string along outer edges of cactus and knot.

1. Enlarge drawing #2 and make pattern pieces. Arrange pattern on ⅔ yard of 36-inch textured green fabric and cut out specified number of pieces.

2. Sew pieces B to A between notches for the "arms," using ½-inch seams.

3. Pin pieces A right sides together and stitch around outside edge of cactus.

4. Attach part C on bottom, leaving one side open for stuffing.

5. Clip curves and turn. Stuff tightly. Slip-stitch opening.

6. To make flowers sew yarn pompon between 2 layers of part D. Attach second pompon on top and trim. Sew flowers to each arm of cactus.

1. Cut 20 5-inch circles plus two pieces from part A (enlarge drawing #3) from ½ yard of 36-inch green cotton fabric.

2. Pin A pieces right sides to-

continued

Pineapple packed in its own juice.

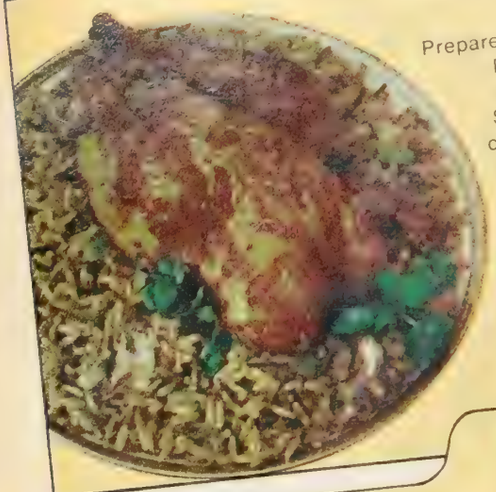


No sugar added. At Dole, sweetness comes naturally.

Great go-togethers!

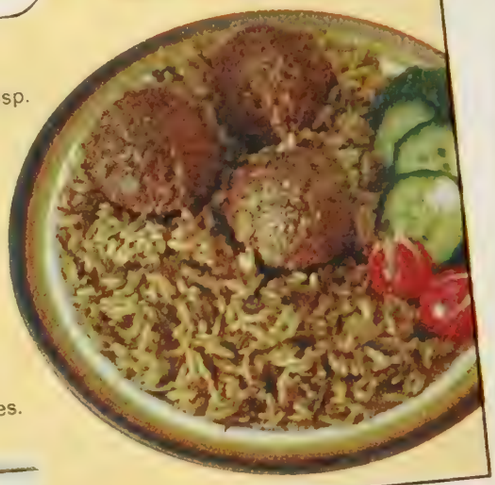
Rice-A-Roni and Kikkoman

Kikko Roni Cornish



Prepare 1 pkg. Long Grain and Wild Rice-A-Roni with *only* 2 cups water and 2 Tbsp. Kikkoman Soy Sauce. Add ¼ cup diced celery and 1 (2 oz.) can mushrooms, drained. Cool. Stuff and truss 6 (1¼ lb.) Cornish hens. Bake 1¼ hrs. at 350°F. Baste 4 times with mixture of ½ cup Kikkoman, ½ cup orange marmalade and 1 tsp. dry mustard.

Kikko Roni Burger



Combine 1 lb. ground beef, 2 Tbsp. Kikkoman Soy Sauce, ½ tsp. sugar and ½ cup chopped onion. Shape into 12 meatballs. Brown in 10" skillet with 1 Tbsp. oil. Stir in 2½ cups water, 2 Tbsp. sherry, 1 Tbsp. Kikkoman and 1 pkg. Long Grain and Wild Rice-A-Roni. Bring to boil, cover and simmer 30 minutes.



Combine Long Grain & Wild Rice-A-Roni and Kikkoman—the nation's flavor leaders—in these simple and delicious recipes. Get creative with other Rice-A-Roni favorites. And, in addition to Kikkoman Soy Sauce, try the zesty zing of Kikkoman Teriyaki Sauce.

FAMILY FOOD IDEAS

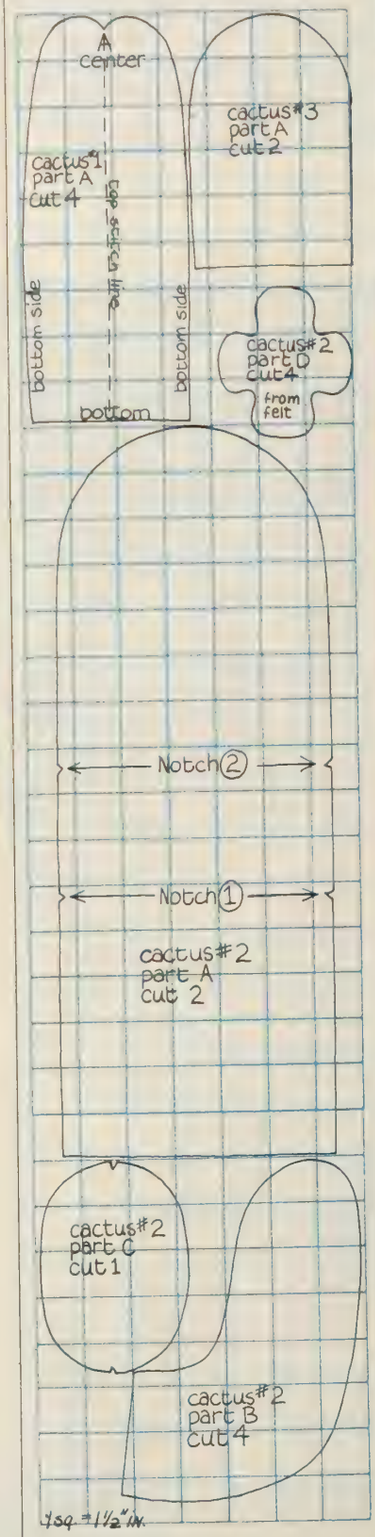
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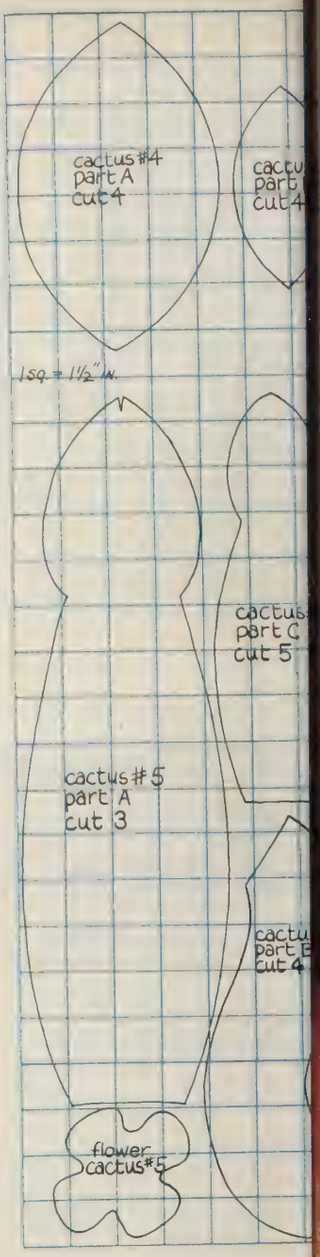
Holiday craft gifts

gether and stitch around ½ inch from edge, leaving bottom open. Clip curves, and stuff. Close bottom by hand.

3. Sew two circles together for ten completed circles, leaving opening in each for stuffing. Stuff and slip-stitch opening. Sew yarn around edges. Knot yarn.

4. Attach the circular pieces to part A (the base) by hand and to each other at different angles.





1. Enlarge drawing #4 and range patterns on ⅓ yard of inch stretch fabric.

2. Stitch together all four A p leaving an opening for stuf Clip curves and turn. Stuff, close opening by hand.

3. Repeat for part B.

4. Push needle with heavy th through center of A and pull to make cactus round. Repea B. Attach A to B by hand.

5. Attach several dozen pieces of cord to tops of A ar Attach small yarn pompon ends of cord.

1. Enlarge drawing #5 and r pattern pieces. Arrange pat on 1 yard of 36-inch green co roy and cut out specified nu of pieces.

2. Join together three piece part A (right sides together stitching along long sides bottom to top, leaving bo open. Clip curves and turn. and slip-stitch opening. yarn around stuffed section

continued

Every 15 seconds a doctor recommends Fleischmann's Margarine.



FAMILY FOOD IDEAS

Somewhere right about now a doctor is telling a patient to watch his cholesterol and advising him to eat sensibly. And one product he'll recommend is Fleischmann's® Margarine. **A recent survey shows that twice as many doctors recommend Fleischmann's as any other margarine.** In fact, based on the frequency with which those doctors made a recommendation, a doctor somewhere is recommending Fleischmann's Margarine every 15 seconds.

Many of those same doctors practice what they preach. **The survey also showed twice as many doctors personally use Fleischmann's at home.**



Fleischmann's is the only leading margarine made from 100% corn oil. **Fleischmann's was part of a clinical test that lowered serum cholesterol levels an average 17%.** In that test Fleischmann's was part of a total dietary program along with reduced fats, fewer eggs and skim milk. Many doctors also recommend Egg Beaters,™ Fleischmann's fresh-frozen, cholesterol-free egg substitute. **With Egg Beaters instead of two eggs for breakfast you can save 480 mgs. of cholesterol and still enjoy the good taste of eggs.**

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*Based on an independent survey of retail prices
SPAM is a registered trademark for a pork product packed only by Hormel

Hormel

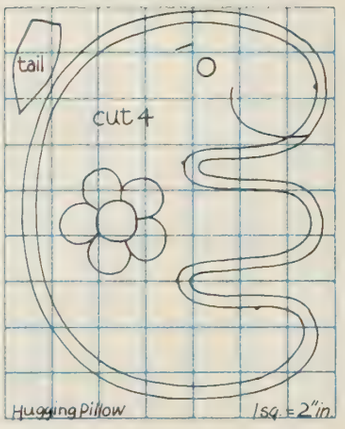
FAMILY FOOD IDEAS

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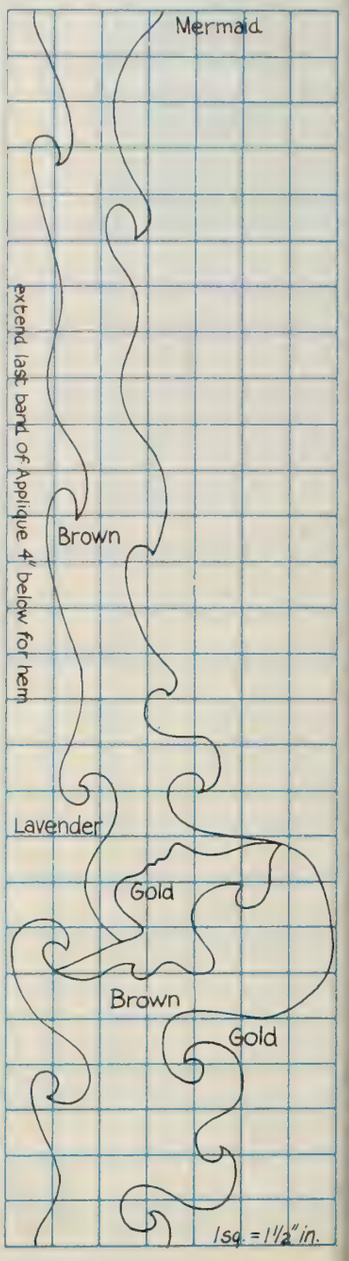
Holiday craft gifts

dentation for more shape.
3. Stitch together two pieces of part B, leaving bottom open. Stitch together remaining two pieces, clip curves, and turn. Stuff sections and slip-stitch bottoms.
4. Make part C (one with three pieces, the other with two) as you did parts A and B.
5. Hand-stitch cactus pieces together around base of A. Cut flowers from two pieces of felt for each. Add yarn pompon centers to flowers and attach to cactus.

Hugging pillows, page 96
Materials: Felt; ½ yard each of orange and hot pink, scraps of royal blue and turquoise; one small skein turquoise yarn; clear nylon thread, hot pink and orange mercerized thread; one pound polyester batting; nylon fastening tape; wrapping paper; dressmaker's carbon and tracing paper for the design.
1. Enlarge pattern and tape one to orange felt and one to the hot pink. Trace inner line and cut on outer. Cut two of each.
2. Lay aside the two pieces with traced seam line. On the other two, trace the flower, eye, and mouth for position. Reverse position and repeat on other side of animal if desired. Trace the flowers and eyes onto the turquoise and royal blue felt.
3. Pin flowers and eyes in position. Using nylon thread and medium-width zigzag stitch, sew in place. Sew mouth in place by machine-couching over the yarn.
4. Pin right sides together. Seam together with colored thread on traced line, leaving opening along back seam to stuff. Trim and clip all edges. Turn inside out. Stuff legs, head, and then body. Blindstitch the open seam with matching thread.
5. Cut four ears from royal blue felt. Pin two together and machine-stitch around edges. Fold lengthwise and sew by hand to head at line indicated on pattern.
6. Sew turquoise pompon and attach nylon fastening tape in arches formed by legs and neck.



Satin pillowcase, page 96
Materials: 1 yard 45-inch satin for case; ½ yard brown and ⅓ yard lavender satin for appliqué; thread. Finished size: 19½x30 inches.
1. Cut satin for pillowcase 40 inches wide by 34 inches long. Fold in half lengthwise right sides together and sew across top and open side making a ½-inch seam. Finish the seam and turn the case.



e design to wrong side of
r and brown satins. At the
here brown and lavender
és meet, add ½ to ¾ inch
brown appliqué piece so
nder will overlap. Cut out
es.
silk pins or tape to hold
and machine-stitch with
é zigzag stitches.
up four inches of the pil-
bottom. Turn under the
ge and hand-stitch the
tching only the case, not
iqué.
sinette, page 96
ls: Two large oval laundry
one folding table stand;
45-inch permanent press
10 yards decorative trim
l; 7 yards satin ribbon; 2
½-inch firm elastic; che-
ns; postal twine, tin snips.
ng baskets:
pattern for bottom piece
t liner by tracing around
bottom basket. Set pat-
le.
ach hood to basket, mark
er of hood basket from
, across bottom to other
. Use tin snips to split rim
hes from one handle end
basket to its bottom. Cut
into strips for weaving to
er mark. Cut away cross-
neshes to center mark so
ng strips can be woven.
hood to basket, cutting
ips that don't fit the open-
ttern of bottom basket.
strips with chenille stem.
ve and discard tray from
stand. Using a heated
lade, melt three 1-inch
along each side of basket
above the open meshes.
8-inch lengths of twine
cuts and open mesh be-
n. Position basket rim on
and and tie together.

your pattern, cut a fab-
for bottom of basket.
ttern in half, add 3 inches
h of pattern at fold line,
an oval for back lining of
Measure depth of basket,
one inch for top hem and
for lower seam. Liner
extend above meshes to
twine ties. Measure
top inside edge of basket,
one inch for seams. Cut
r from fabric. Cut hood
ng same depth measure
the length plus 6 inches
n basket liner together.
fullness with small pleats
necessary. Tack liner in
inch holes in plastic if too
to push needle through.
h together hood liner.
place around rim and at
hood.

ure distance from basket
oor, adding 4 inches. To
d

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*The Pillsbury Co. 1974

continued

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look full, skirt should be twice circumference of basket. Stitch a one-inch tube hem along one long edge. Insert elastic, fit skirt around basket, and pull elastic tight enough to hold well.

8. Hem skirt. Stitch first row of braid or trim over hemline. Measure up 2 inches and stitch second row of trim or braid.

Hood:

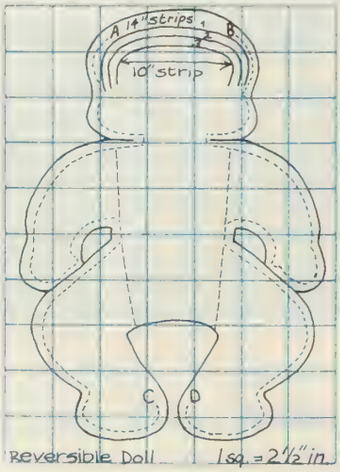
9. Measure from front to back of hood at center line; add 3 inches. Cut strip full width of material.

10. Stitch a one-inch tube hem on one long edge. Run about 20 inches of elastic through tube. Fit on hood and shorten the elastic down at each end of tube. Tack in place on top of hood through inner rim at each side and at center top. Draw fullness in at back of hood. Turn under raw edges and tack into a puff. Hand-stitch a row of braid across front edge of hood.

11. Make two large satin bows with 20-inch streamers for sides. make another bow with 12-inch streamers, and attach to center top of hood.

12. If desired, use leftover fabric to make mattress, pillow, sheets, and comforter.

Reversible dolls, page 96



Materials: ⅔ yard permanent press flesh-colored fabric; embroidery floss or liquid embroidery pens for face; 2 ounces 4-ply yarn; ½ yard 2-inch-thick sheet upholstery foam and ½ yard of 1½-inch-thick sheet of foam; 3-inch-wide hairpin lace crochet fork; ribbon; baby clothes size 0. Finished size: 22 inches tall.

1. Enlarge drawing and cut two full-sized doll shapes from flesh-colored fabric.

2. Using the same pattern cut the arms and legs from head/torso. Cut the head/torso from the 2-inch foam and the arms and legs from 1½-inch foam.

3. Using dressmaker's carbon, draw faces on both sides of the head. Embroider or use liquid embroidery.

4. Pin fabric pieces right sides together and stitch, leaving an opening across the top of the head (AB) and from one heel (C) to the other (D).

5. Clip curved seams and turn right side out.

6. All stuffing must be done in sequence. Begin by working one arm and hand of fabric down as you would a nylon stocking. Hold this between the fingers of one hand and compress the foam hand and wrist with the other while inserting. Work material up the arm as you stuff. Use your finger or blunt crochet hook to smooth in place.

7. For head/torso, put one hand through the head opening to the neck. Compress the foam head and work the head and body into place up and through the leg opening. Smooth out seam lines. Stuff the legs with the remaining two foam forms.

8. The head seam will be covered so it can either be basted tightly or machine-stitched. Turning raw edges in, tightly blindstitch the under leg seam by hand.

9. Machine-stitch along shoulder and hip separations to hold the separate foam forms in place.

10. To make hair, wrap hairpin lace pin full of yarn by going around the legs of the U. Insert it under the presser foot on the sewing machine with open end toward the needle. Stitch through the center of the yarn, making double row of loops. Continue winding and sewing till it's 14 inches in length. Make 6 this length and make two more 10 inches in length.

11. Starting at the center of the

head and the middle of one long strip, tack firmly in place following the back of the head seam. Attach as far down the head as the cheek indentation, letting remaining curls hang loose. Repeat using another long strip on the front side of head seam, pushing the loops of the preceding row up and back as each length of curls is stitched. Indent the rows slightly toward the forehead at the center front and hold them closer together at the side of the head. Use all six 14-inch strips, three on each side of the head seam. With remaining 10-inch lengths, fill in temple area across the face.

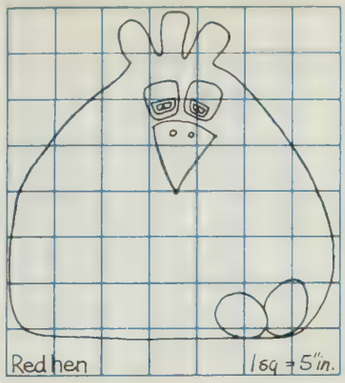
12. Wind 25 wraps of yarn around the crochet fork. Stitch close to one leg of the U. Slip off and roll to form a topknot. Tack in place at middle of head.

13. Dress doll in baby clothes.

Red hen quilt, page 97

Materials: 2 yards red-orange polyester blend fabric 45 inches wide; 2 yards of similar fabric in white; one yard red-orange washable velveteen; one roll of ½-inch polyester batting; blanket binding; yellow-orange and white fabric scraps; tailor's chalk. Finished size: 41x65 inches.

1. Preshrink all fabric. Lay out red-orange fabric. Place batting on top, matching at the corners.



Lay white fabric on top, matching corners. Pin together. Baste fabric together working in radiating circles from center. Baste all sides. Trim batting to fit inside fabric, if necessary.

2. To make the quilted chicken-wire background, place chalk marks at 7-inch intervals along quilt top and bottom. Repeat on sides, placing marks 7⅛ inches apart. Draw lines across, stitch with black thread, beginning with middle lines. Always begin stitching vertical lines at the same edge. Do the same with the horizontal.

3. Enlarge pattern and cut chicken from velveteen. Pin to piece of batting; cut batting one inch larger than the chicken all around. Baste together. Trim batting to fabric edge. Outline feathers with straight stitch.

4. Cut two 3¼-inch ovals; baste to batting. Trim, and position for eyes. Baste to chicken, then attach with satin zigzag stitch.

5. Cut beak from yellow-orange, making it 7 inches long by 6 inches wide at top. Pin to batting, baste edges. Use satin zigzag to attach beak to chicken. Stitch eye pupils and nostrils.

6. Position chicken on quilt, placing pins every ½ inch around edges. Baste, then satin zigzag stitch in place. Satin zigzag yellow straw at base of chicken.

7. For eggs, cut two white ovals 8x6 inches. Turn under ¼ inch and stitch onto quilt, stuffing with batting. Attach binding.

Framed ribbon sampler, page 97

Materials: Ribbons; assorted fabric pieces; desired design or photograph; painted frame; stick glue; cardboard.

1. Cut cardboard to fit size of frame. Measure ribbon or pinked strips of fabric to extend beyond edges of cardboard.

2. Apply glue to surface of cardboard and cover with fabric, overlapping edges.

3. Measure to center of covered cardboard and position photograph or selected design; glue in place. Measure equal distances out from photo and glue the ribbon down.

Ribbon album cover, page 97

Materials: Assorted ribbons; 2 pieces of felt; spray glue; photo album.

1. Remove photo pages from cover. Measure cover width to determine length of ribbon pieces. Cut strips, allowing 1½-inch overlap on each end.

2. Begin placing ribbon vertically on the album back binding. Tuck ends to inside and glue.

3. Second ribbon is glued horizontally in the center of the cover. Tuck ends to inside and glue.

4. Continue working out from center ribbons, weaving over and under. Glue ends under to inside.

5. Glue felt pieces to insides of front and back cover to conceal the glued ribbon ends. Let dry and replace photo pages.

continued on page 149

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w cake with a
nellow
ling of fudge
ng through it,
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ny fudge glaze.

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in one box.



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nd Aluminum Products, Inc., Minneapolis, Minn.

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FAMILY FOOD IDEAS

begins on page 72

Pay less for things you buy

Catalog showrooms

These operations actually began about two decades ago, usually as small wholesale showrooms catering to people in the trade and others with so-called courtesy cards. Only during recent years have catalog showrooms grown tremendously in size and number. Now you can find them almost everywhere—many near large shopping centers. Last year, about 1,300 catalog showrooms sold $1.75 billion worth of merchandise; by 1976, the number of showrooms and their total sales volume is expected to triple.

The basic sales tool is a catalog, from 100 to 500 pages long, which is distributed every year by the millions—usually in the fall. The catalogs, plus periodic seasonal supplements or flyers, feature many nationally advertised name brands, such as jewelry, silverware, clocks and watches, housewares, small appliances, photographic equipment, radios, television sets, stereo components, sporting goods, luggage, power tools, and toys. Often, the prices are 20 to 50 percent less than regular retail prices.

Buying at a showroom is usually less time-consuming and harrowing than shopping at a department store or conventional discounter. In the comfort of your home, you select what you want from the catalog, which shows merchandise in color, briefly describes the items, and gives prices.

Costs are listed in the catalog in a code that's fairly easy to decipher. For example, the catalog entry for a popular brand name 16-speed timer blender might read: 5180-0274x2369...$46.95. The $46.95 represents the manufacturer's suggested retail or list price. The four digits before this show the discounted price of $23.69. The other numbers and letters have to do with the model and inventory numbers. On the average, you'll get prices ten to 25 percent below those of conventional discounters and department stores.

At the showroom, you have a chance to look at a display sample. (Little sales assistance is provided. That's one of the major cost-cutters that keep prices low.) Then you fill out an order form and hand it with your payment to a cashier. You generally must pay cash, although some showrooms accept major credit cards. The merchandise is delivered to you at a pickup counter in a matter of minutes from the stock room or adjoining warehouse.

Although well over 90 percent of catalog showroom sales are made in the showrooms, the catalogs also contain order blanks for buying by mail. In that case, you pay shipping charges in addition to your coded price, or, with some showrooms, a flat six percent over the cost of the item plus shipping and insurance charges. Orders for under $ may carry a service charge from 50 cents to $1.

For locations and phone numbers of catalog showrooms, check the yellow pages of your phone directory under "Mail Order and Catalog Shopping." A more complete source of information is the *National Association of Catalog Showroom Merchandisers,* 63 9th St., New York, N.Y. 1000 who will tell you what showrooms are near you.

Probably the biggest catalog showroom in the country is the *Best Products Co.,* of Ashland Va. It has 37 showrooms Virginia, Maryland, North Carolina, Texas, Ohio, Michiga Pennsylvania, and California. 550-page catalog features 15,00 items and is distributed free people on the mailing list. (Yo pay a one-time charge of $1 get on the list.)

Other large operators—some of them chains—who already are in the field or are expected enter it include *Jewelcor, Inc.,* headquartered in New Yor which in conjunction with Gra jewel has 37 showrooms in Pen sylvania, Florida, Alabama, Ke tucky, Illinois, New Jersey, I diana, Texas, California, Sou Carolina, Georgia, and Okl homa; *Grand Distributors* (a su division of Grand Union), bas in South Hackensack, N.J., whi has 18 showrooms in New Jerse New York, Connecticut, Pen sylvania, and Vermont; *Val House* (a division of Superma ket General), headquartered Lewiston, Me.; *H. J. Wilson,* Baton Rouge, La.; *Service Me chandising,* Nashville, Tenn.; a *Sam Soloman,* Charlotte, N.C.

Mail-order catalog shoppi services

For a $6 annual membership fe a strictly mail-order catalog sho ping service will send you a cat log similar in size, appearanc and merchandise offers to tho of the catalog showrooms. T main difference is that you business only by mail. Mercha dise is shipped to you ful guaranteed (usually within 48 72 hours after receipt of yo order) from the service's war house or directly from the fa



With the end of summer, you may have to stop cooking out. But here's an easy way to give your meat that terrific cookout appeal all year round.

Just brush Kitchen Bouquet® lightly on your meat (or fish or poultry) before you put it into the oven, or in the frying pan.

It makes whatever you cook crispier on the outside. Gives it a rich, brown, cookout look. And subtly enhances its own juicy flavor.

And don't forget. Kitchen Bouquet, added to natural meat juices, makes delicious gravy.

FAMILY FOOD IDEAS

ory where it's made.

The "factory price" listed in he separate price book that accompanies the catalog shows what you'll pay. To this price you add a service charge (six or seven percent), plus shipping and insurance costs. The factory prices generally are less—often by 25 percent or so—than the discounted prices of the catalog showrooms. On some items, however, you might wind up paying the same as you would in a catalog showroom, or a little bit more than that amount, because of the extra service charges for shopping by mail.

Probably the largest of these operations is the *Unity Buying Service* (not to be confused with United Buying Service), Hicksville, N.Y. 11802, with more than 900,000 members. Unity has a West Coast warehouse in the Los Angeles suburb of Camarillo, and a Midwest warehouse in Schaumburg, Illinois, near Chicago, where orders can be picked up personally, too. In addition to the $6 annual membership ($10 for two years), there also is a $2 three-month trial membership that you can buy. Service charge is seven percent above factory cost.

A somewhat similar operation is the *Consumer Buying Service,* P.O. Box 3086, Rock Hill, S.C. 29730. Like Unity, CBS allows you to cancel the $6 membership within 30 days and have your fee refunded. Service charge is six percent. CBS mails special bulletins periodically, featuring manufacturers' closeouts and overstock, warehouse clearances, and other bargains. Both buying services also require a money order or check (certified if the order amounts to $400 or more) included with the order.

All merchandise is covered by both the manufacturer's and service's guarantees, but may be returned for any reason within ten days for a complete refund. Remember that it takes at least four weeks for your membership application to be processed and the catalog to get to you in the mail, before you may begin to make your purchases.

Shopping tips before you buy

Here are some pointers to help you get the best possible values for your money:

1. Even among the catalog showrooms or other discount operations, prices can vary greatly for a particular item, so do some preliminary comparison shopping. Check the price of the item you want at department stores, discount houses, or other places where you normally shop. Also check newspaper ads. You may find, for example, that the item you want is advertised as a "loss leader" or "special" at a price substantially below that of the discounted price it is offered to you for.

2. When actually shopping, be sure you are comparing the same make, model number, and even model year. That brand-new factory-carton television set offered to you at an incredible bargain may be a year-earlier model or a discontinued line closeout. On the other hand, you may be able to pick up a floor sample of a current model at a real bargain.

3. For price guidance, you can also refer to the various paperback consumer buying guides available in bookstores. These give the list and discount prices of literally thousands of items; at least one guide even names discounters. Bear in mind, however, that a "1974" guide goes to press in late 1973 or early 1974, so many of the prices in a buying guide may be out of date at this time.

4. Don't take too literally the terms "list price" or "suggested retail price" in any buying guide or catalog. In many cases, these are exaggerated, overstated, or arbitrary. Obviously, if an item can be bought almost anywhere for less than the so-called list price, you are not really saving as much as many discounters would have you believe.

5. Be wary in particular of the list prices you are quoted on blind or unbranded merchandise such as furniture, carpeting, drapes, and jewelry. These usually carry high markups, and you may think you are getting a much bigger discount than you really are. If you can, find out the name of the maker of these items, so it's easier to make comparisons in other stores.

6. Consider what dealing with a discounter means in terms of what you may have to give up (not always) in free delivery, sales assistance and advice, the ability to use charge accounts or credit cards, and other services that often go with dealing with an established conventional retailer. If the savings amount to only a few dollars, buying from a discounter might not be worth your while. ■



Start the day off with Pillsbury Cinnamon Rolls, traditional or new Honey Butter.
You save 5¢ and you've got a quick, hot breakfast to warm up the kids.

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In the dairy case

TO GROCER: If you allow 5¢ toward the retail price of the above product when this coupon is presented to you by a retail customer, The Pillsbury Company will redeem for 5¢ plus 3¢ handling cost, providing you mail coupon to address below. Limit one coupon per purchase. Void unless initially acquired in manner provided above or where prohibited, taxed, or otherwise restricted. Cash value 1/10¢. Offer expires April 30, 1975.

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STORE COUPON 7227

STORE COUPON 7227

How to order material from the magazine

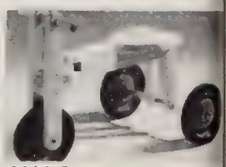

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Project plans for the toys shown above are available for $2 each with the coupon below. Each plan includes working drawings and full assembly instructions.



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Good-bye junk snacks. Hello Quaker Natural.

Quaker 100% Natural. No artificial colors, flavors, or preservatives. Just a mixture of nine* fresh fruits, nuts and grains sweetened with honey and brown sugar and toasted in a warm, Quaker oven.



SEASON'S

A CHECKLIST OF KRAFT SNAKS TO GIVE YOU SOM



TEEZ DIPS

- ☐ French Onion
- ☐ Blue Cheese
- ☐ Clam
- ☐ Garlic
- ☐ Bacon and Horseradish

Can guests still be impressed? Sure can when you casually bring out these real sour cream dips with the real fancy flavors. Keep them on hand just like you do a box of crackers. You don't have to save them for company. But for a special party hors-d'oeuvre, fill mushroom caps with any of the flavors.



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- ☐ Bacon
- ☐ Smokelle®
- ☐ Jalapeño Pepper
- ☐ Garlic
- ☐ Sharp Nippy®

Easy slicing makes these pasteurized process cheese food links great for kabobs. You can make them with slices of fruit—like apples, pineapple chunks, mandarin oranges, melon—or with chunks of meat such as cold cooked ham or salami.

You can also slice these links for topping miniature hamburgers. Just pop them under the broiler for a few minutes, the cheese food melts quickly.

Or simply grill them between two slices of party rye rounds for a tasty hot appetizer. For a variation, add slices of sweet pickle or tomato inside the sandwich.



JAR CHEESE SPREAD

- ☐ Olive Pimento Neufchatel
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- ☐ Pimento Neufchatel
- ☐ Roka Brand Blue
- ☐ Pineapple Neufchatel
- ☐ Smokelle®
- ☐ Bacon

Learn to use all these snacks —they're delightfully versati For the stack sandwich, alternate slices of luncheon meat with any of the flavors on party rye. Then cut into wedges.

For quick deviled eggs, cut 8 hard-cooked eggs in half lengthwise. Mash the yolks and add 1 jar of any of the flavors and 1 tablespoon mi Refill the whites.

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The crunchy diet bars.
You'll love what they don't taste like.



They don't taste gooey, don't taste bland. Figurines don't taste like only 138 calories a bar.

Figurines from Pillsbury don't taste like diet food. The flavors do taste like Chocolate Caramel, Vanilla, Chocolate and Raspberry. Two bars give gals the vitamins, minerals and protein of a complete meal.

What do Figurines taste like? It's what they don't taste like.



Flavors: Chocolate Caramel, Vanilla, Chocolate, Raspberry.

FAMILY FOOD IDEAS

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OPEN BEFORE CHRISTMAS



New Cooking and Craft ideas to make your Christmas more like you

Christmas-Time Cook Book..... $7.95

That happy time from Thanksgiving to New Years is a time of special warmth, special meaning and special food. This new Better Homes and Gardens Cook Book features Thanksgiving recipes, New Years recipes and immigrant-inspired U.S. Christmas celebrations including Christmas in New England; the old South; the Southwest and Midwest; Hawaii; a Pennsylvania Dutch Christmas; Christmas in Williamsburg, New Orleans and Sacramento; and a contemporary Christmas. Menus are featured. There are complete sections devoted to Christmas recipe ideas from salads to main dishes to breads, desserts and beverages. Also, sections on gift foods, centerpieces and arrangements. Hard cover. On sale now.

Holiday Decorations You Can Make..... $7.95

Holidays take on more meaning and fun when families do things together. This colorful new book features hundreds of ways to get the whole family involved during Christmas and other holidays. Projects include trees and ornaments; under-the-tree trims; trees you can make; unique stockings; mantel decorations; table decorations and centerpieces including novel table toppers; wreaths and wall hangings; molded candles and hand-rolled beeswax candles; candleholders; yard and window decorations for both outside and inside. This remarkable new book even includes all kinds of decorations for children to make and 20 pages of projects for most other holidays. Hard cover. It's at your bookseller now.

Ideas that make a difference

Better Homes and Gardens® Books

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FOOD COSTS
ft): Pressure cooker—Presto, Ind. Inc., Eau Claire, Wisc. t): Slicer—Rival Mfg. Co., 36th on, Kansas City, Mo. 64129. ft): Gourmet center—Hamil-Scovill Mfg. Co., 99 Mill St., Conn. 06720. (Right): Food Mfg. Co., 3300 5th St., N.E., , Minn. 55418.

G WITH TILE
iling defuser panels and acous-tile—Armstrong Cork Com-caster, Pa. 17604. Carpet ncy Step" and wall carpet tile nt"—Ozite Corp., Libertyville, Mirror squares—Sears, Roe-o., Sears Tower, Chicago, Ill. e and chairs—B. Brody Seat-1 W. Dickens Ave., Chicago, Window shade—Del Mar Co., ck Lane, Westminster, Calif.

p right): Ceramic tile counter e Co., Box 2475, Ft. Worth, Bar sink—Elkay Mfg. Co., h Ave., Broadview, Ill. 60153. erican Standard, Inc., 40 W. N.Y., N.Y. 10018. (Center): ottoman—Cosco Household c., 2525 State St., Columbus, (Bottom): Parquet floor tile—oring Co., Oneida, Tenn. ry tile—American Olean Tile ansdale, Pa. 19446. p left): Television—Panasonic, g., 200 Park Ave., N.Y., N.Y.

NTREES
Dinner plate "Mt. Holyoke"—Enterprise Ave., Secaucus, Ramekin—International Silver Broad, Meriden, Conn. 06450. -Wilton, 18th & Franklin umbia, Pa. 17512. ureen and ladle—Knut Erich-way, P.O. Box 162, Birming-48012. Silver platter—International same address as above. Gravy A. Rogers, Oneida Commu-Oneida, N.Y. 13421. Plastic boxes—Amac Plastic salito, Calif. 94965. Platter—U.S.A. Ltd., 411 E. 76th St., 10021. Oval pan—Revere Copper and P.O. Box 250, Clinton, Ill.

center): Glass dish—Fostoria mpany, 1200 First Street, e, W. Va. 26041.

l from page 139

day Crafts

llow front, page 97

make your pillow front you wish (ours is 12x12 All you need are ribbons ce of muslin or cotton. uslin ½ inch larger than illow size to allow for ut ribbons same length as muslin. weaving ribbons on mus-acing one in center hori-and the other vertically. ons near edge of muslin. all ribbon is in place, muslin around all four inch from edges. Attach ont to backing piece.



Add Kraft Safflower Oil to Great Beginnings™



Kraft Safflower Oil turns Great Beginnings into a light, delicious salad dressing that lets your salad's "just picked" flavor come through. And you get the bonus of a salad lower in saturated fats. Because safflower oil is higher in polyunsaturates than any other oil.

And best of all, the combination of Kraft Safflower Oil and Great Beginnings salad dressing mix will save you up to a dollar.

How's that for a great beginning?

and subtract up to a dollar.

This Mail-in Offer Form
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Save up to $1 (One Dollar) on Kraft Safflower Oil and Great Beginnings

Kraft Safflower Oil—
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P.O. Box 655, Chicago, Illinois 60677

☐ I enclose one front label from Kraft Safflower Oil for a 75¢ refund. *(To remove label, soak bottle in warm water 30 minutes.)*

AND/OR

☐ I enclose the front panels from any two packages of Great Beginnings for a 25¢ refund.

Name _____
(please print)
Address _____
City _____ State _____ Zip _____

LIMIT: ONE COUPON PER FAMILY OR ADDRESS. Offer expires January 31, 1975 and is good only in geographic area (U.S.A. only) in which this Offer Form is displayed or advertised. Void where prohibited, taxed or restricted. Labels submitted without this Offer Form or by clubs or organizations will not be honored. DUPLICATE REQUESTS WILL CONSTITUTE FRAUD. THEFT, DIVERSION, REPRODUCTION, SALE OR PURCHASE OF THIS FORM IS PROHIBITED.



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THE OSTER KITCHEN CENTER

It could turn
your friends green...
your family pink...
and your cordon bleu.







Good News From Oster!

Three "most-wanted" kitchen appliances in one: multi-speed Mixer, powerful Food Grinder, Controlled Cycle Osterizer Blender. Handsome, compact, always counter-top-ready to help you turn out hundreds of company-pleasing, family-tickling recipes. Not only brings out the best in you, but saves your time and energy every mealtime, every day. In Harvest Gold, Avocado or Starlite White, at fine appliance, hardware and department stores.

You'll agree—it's the nicest thing to happen to your kitchen since the dishwasher.

The Oster Egg Cooker/Poacher. More Good News!

Turns your eggs out right. With exclusive Thermostatically Controlled Heat, prepares up to 8 hard or soft cooked eggs at once, poaches up to 4 at a time—automatically. Light signals when ready —no guesswork!



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® Oster T.M. Kitchen Center

begins on page 93

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calls to make a reservation. ■

Introducing old-fashioned slow-cooked goodness at microwave speeds.





New Litton solid-state Vari-Cook™ oven control makes it possible. In up to one-fourth the time. Until now, microwave ovens cooked everything the same way at the same speed.

Litton's exclusive Vari-Cook control has changed that.

For the first time it lets you change speeds infinitely as you change foods: cook, reheat, roast, simmer, warm, even defrost. Actually set your own speed and cook foods just the way your old family recipes meant them to be cooked.

Best cooking results ever. With Vari-Cook control, even economy cuts of meat are cooked luxuriously tender. Creamy milk- or soup-based casseroles retain their delicious texture. And meals can be kept warm with no loss of flavor.

Just "dial" the desired cooking speed, or push a button for automatic defrost or quick cooking. Then simply match the speed with the exact cooking time. (The free cookbook tells you how.) And relax. The oven shuts itself off automatically.



Vari-Cook oven control. Another Litton innovation. Only Litton offers solid-state Vari-Cook control. Litton has also introduced these other firsts: Family-sized countertop microwave oven. The Micro-Browner® steak grill for browning. Automatic "quick thaw" defrost. And Micro-Timer™ digital control for accurate cook times from one second to 60 minutes. Isn't it time you make the change? Taste a microwave cooking demonstration at your Litton dealer.

For the location nearest you, Call **800-328-7777** toll-free.

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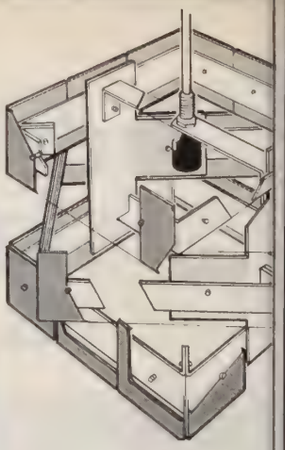
begins on page 80

Decorating with tile

Copper-tile light fixture page 81

Materials: 3 dozen 4¼-inch square copper tiles; aluminum sheets; 1x⅛-inch aluminum strip; ⅜-inch threaded tubing; standard socket and electrical cord.

1. Drill a ⅛-inch hole in exact center of each tile.
2. Cut six strips of aluminum 2½ inches wide and several inches longer than six tiles.
3. Lay six tiles on strip (three



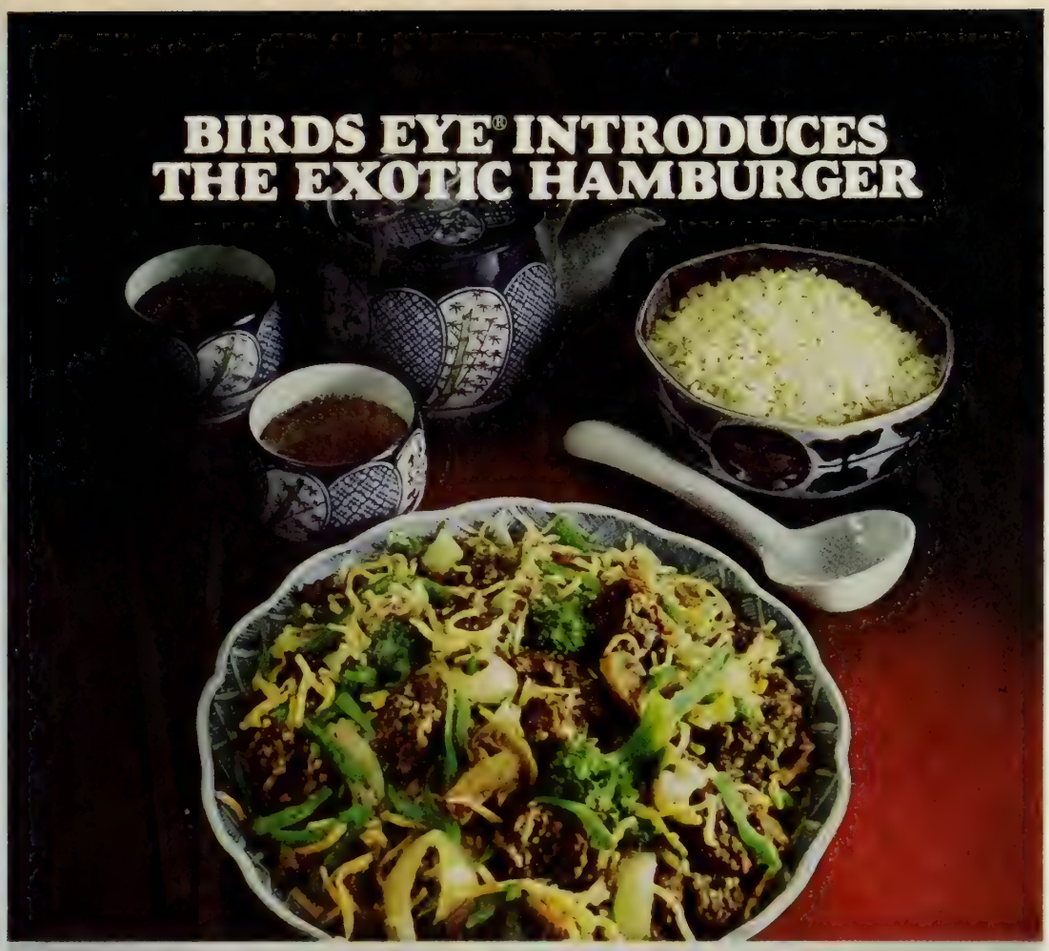
each direction from cente drill holes in aluminum sponding to pre-drilled hole
4. Crease aluminum in ce 90 degrees. Bend excess at end to 45 degrees and dri in each end.
5. Rivet two strips (from at ends. This completes one You'll need three.
6. Top member stacks d over bottom layer and the member is turned at an o angle (see drawing).
8. Cut an 8x12-inch pie aluminum. Cut out a 4x square from top and b (leaving a 4-inch tab). Th form a T-shape. Cut a identical T-shape. Drill the tab to correspond to middl in the center frame me Drill a hole in top and b of 12-inch side to corre with middle holes in to bottom frame members. for second T-shape.
9. Cut a piece of 1x⅛-inc minum strip 15 inches long ends down at 90 degrees l a 12¾-inch flat surface. ends to correspond to holes on opposite sides frame member. Drill a hole center to accept ⅜-inch tub
10. *To assemble:* Lay dow tom frame member and lower tabs from T-shapes posite side center holes. rivet through tile, frame me and T-tab.
11. Lay on center frame ber. Bend T-tabs to line up middle hole center frame ber. Rivet through tile, member, and T-tab.
12. Position top frame m and rivet through tile, member, top tab of T-shap end of ⅛-inch aluminum Install remainder of tiles.
13. *To wire:* Cut a 1-inch of ⅜-inch threaded tubing a nut on top and bottom to through hole in center of ⅛ strip. Pass wire through and connect to light socket.
14. Screw light socket to truding ⅜-inch tubing. Cu trical cord to desired lengt fasten to ceiling mounting p



Here's a winning combination for watching your weight. Exercise you enjoy and Diet Delight® fruits. Diet Delight is sweetened with a natural juice. Not sugar. Delicious? Naturally.



BIRDS EYE® INTRODUCES THE EXOTIC HAMBURGER



JAPANESE STYLE HAMBURGER *3/4 pound ground beef • 2 teaspoons cornstarch • 1/4 teaspoon salt • 1 cup water • 1 cup thin egg noodles • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • 1 to 2 tablespoons soy sauce*

Brown beef well in skillet, leaving meat in large chunks. Dissolve cornstarch and salt in water; add to skillet and bring to a boil. Stir in noodles; cover and simmer 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Stir in soy sauce. Makes 3 servings.

SEE COLUMN FOR MORE RECIPES.



GF GENERAL FOODS KITCHENS

WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

gins on page 108

legant ntrees

CK PERIGOURDINE SAUCE
rich wine sauce to serve with atloaf Wellington—

ablespoons butter or margarine
tablespoons cornstarch
up *condensed* beef broth

• • •

cup dry red wine
cup sliced pitted ripe olives

lt butter or margarine in small cepan; blend in cornstarch. in beef broth; cook and stir thickened and bubbly. Add e and olives; simmer for 5 nutes. Makes about 1⅓ cups.

POTATOES PAILLE
You can make these ahead, then reheat them to go with the Mock Tournedos—

3 medium baking potatoes, pared
2 cups cooking oil

Shred potatoes using medium holes of grater. Rinse well in cold water and pat dry. In medium saucepan, heat oil to 360°. Place potatoes in wire basket; fry in oil till golden brown, 5 to 7 minutes. Drain on paper toweling.

HERBED HOLLANDAISE
Spoon sauce over the Mock Tournedos and artichoke hearts—

1 envelope hollandaise sauce mix
1¼ cups milk
2 tablespoons chopped green onion with tops
½ teaspoon dried tarragon, crushed
¼ teaspoon dried chervil, crushed

Prepare hollandaise sauce mix according to package directions *except* use the 1¼ cups milk. Stir in green onion, tarragon, and chervil. Makes about 1¼ cups sauce.

For a gift your friends will appreciate the year around, give a subscription to Better Homes & Gardens. *It's a gift of better living.*

MORE INTERNATIONAL DINNER RECIPES.

HAMBURGER CHOW MEIN
3/4 lb. ground beef • 1 small onion, diced • 1-1/2 cups beef broth • 1 tablespoon cornstarch • 1-1/2 teaspoons sugar • 1 tablespoon soy sauce • 1 package (10 oz.) BIRDS EYE® Chinese Style Vegetables with a Seasoned Sauce*

*Or use 1 beef bouillon cube dissolved in 1-1/2 cups boiling water.

Sauté ground beef and onion in skillet until meat is browned and onion is tender. Pour broth over meat. Mix cornstarch and sugar with soy sauce. Pour into skillet, add vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Cover and simmer 3 minutes. Makes 3 servings.



ROMANTIC HAMBURGER
1 package (10 oz.) BIRDS EYE® Italian Style Vegetables • 3/4 lb. ground beef • 1 can (8 oz.) spaghetti sauce • 1/2 cup water • 1/8 teaspoon oregano

Brown ground beef in skillet, leaving meat in large chunks. Add spaghetti sauce, water and oregano. Add vegetables. Bring to a full boil; separate vegetables and stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



CHICKEN A LA PARISIAN
3 boned chicken breasts • 1/2 cup water • 1/2 teaspoon salt • 1 package (10 oz.) BIRDS EYE® Parisian Style Vegetables with a Seasoned Sauce • 1 egg yolk • 1/2 cup milk • 1/4 cup (2 oz.) grated Swiss or Gruyere cheese

Combine chicken, water and salt in a saucepan; cover and simmer 10 to 15 minutes, or until just tender. Place chicken in shallow baking dish. Add vegetables to liquid in saucepan. Bring to a full boil over medium heat, separating vegetables with a fork, and stirring frequently until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. Beat egg yolk with milk; stir into vegetables, and pour over chicken. Sprinkle with cheese, and broil about 5 minutes, or until cheese is melted and lightly browned. Makes 3 servings.



WUNDERBAR PORK
1-1/2 pounds smoked shoulder butt, cut into 1/2-inch slices • 2 cups water • 1/3 cup water • 1 tablespoon prepared mustard • 2 packages (10 oz. each) BIRDS EYE® Bavarian Style Beans and Spaetzle with a Seasoned Sauce

Simmer pork slices in skillet in 2 cups water for 5 minutes; drain off water. Quickly sauté meat on both sides until evenly browned. Move to one side of skillet; add 1/3 cup water, the mustard and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork, and stirring frequently until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 6 servings.

Note: Recipe may be halved.



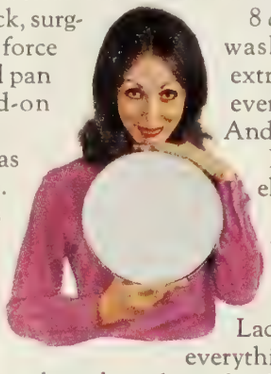
This demonstration recreates the powerful cleaning ability of Sears Lady Kenmore Dishwasher (Certified by the Nationwide Consumer Testing Institute).



Sears Lady Kenmore. The do-it-itself dishwasher.

No scraping. No pre-rinsing.

Lady Kenmore has 13 powerful hot water jets for the bottom rack, surging hot water with enough force to scrub every dish, pot and pan *really* clean. Even baked-on food comes off.



And dishes on top get as clean as those on the bottom. Every cup and glass is scoured inside and out by eight upper jets.

Then there's the Lady Kenmore protected pulverizer for leftovers. It's a mini-grinder with 12 stainless steel teeth that grind soft foods into tiny particles that wash down the drain. (And water is always fresh and clean—water that rinses your dishes hasn't washed them.)

8 *different* cycles include Sani-wash, which gives dishes an extra-hot 155° final rinse. So everything is hygienically clean. And when you use Sears "Power Miser" feature, you can save electricity in the drying cycle.

Sears Lady Kenmore is built to perform. But if you ever do have a problem, you can rely on Sears service. Sears Lady Kenmore does just about everything, itself. So you really do have freedom from scraping and pre-rinsing. That's why we call it The Freedom Maker. The Freedom Maker, both built-in and portable, is available at Sears, Roebuck and Co. stores and through the catalog.

Sears



The Freedom Maker™

continued from page 71

TWO INCOM

tax purposes.

• Some jointly held assets c seized for the debts and o tions of either owner. The exception is your jointly o home.

• If your potential assets cluding jointly held pro and the face value of life ance policies—add up to than $120,000, consider for ownership other than joint ancy. Be sure to get comp advice before dividing owne of any property you now jointly. Otherwise, gift taxes negate the estate tax advan you seek—and gift taxes m paid now.

• No matter what, make sur have separate wills stating c how you each want your erty distributed. Each will s provide for the possibility you may die at the same ti

Income taxes

Most married couples can the amount of income taxes must pay by filing a joint r This is true for two-income ilies, especially when one in is significantly higher tha other, because the tax r based on the total income di between the two of you. ever, you should figure yo turn jointly and separately which is better when:

• Both of you earn incom one has substantial medic dental expenses (over thre cent of his or her own ad gross income), while the partner can claim little or duction for medical cost while your combined medic penses add up to less than percent of your joint ad gross incomes.

• One spouse, filing sepa can take a 50 percent ded on a sizable capital gains an tax break otherwise would gated by the capital losses partner on a joint return.

• One partner stands to from income averaging ove eral years on a separate

• One partner has unusu come items or deductions given year which very would be treated more fav on a separate return.

Other tax facts to consider:

• When you must pay for care so that both of yo work, the costs may be de according to these regulati married, you must file j The maximum deductio $200 a month for one child for two, $400 for three. T duction may be claimed o children under 15 (or dep

continued

Sunburst Yam Bake

2-1-lb. 1-oz. cans Royal Prince Yams (sweet potatoes), drained
1-13-¼-oz. can pineapple tidbits, drained

* * *

¼ cup Kraft Pure Orange Marmalade
1 cup Kraft Miniature Marshmallows or 10 Jet-Puffed Marshmallows

Arrange yams in a circle in 9-inch pie plate. Place pineapple in center. Dot yams and pineapple with marmalade. Bake at 350°, 30 minutes. Top with marshmallows. Broil until lightly browned.

6 servings

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Division of Kraftco Corporation

Kraft Marshmallows toast up into a yam bake.

They're jet-puffed to stay soft and toast nicely.



The Lido Bowl, $39.75, matches the Lido Salt & Pepper Mill Set. Three-piece Holiday Dinner Set, $25.95. Available individually. (Dessert Plate not shown, $7.55.) Florentine Bud Vase, $9.50. Symphony Centerpiece, $20. The Egg Server, $20. Essex Salt & Pepper Set, $16.25. All except the vase trimmed in 24-karat gold.

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Powerful BiSoDol Tablets—with more acid-absorbing power. Pick some up today.

continued

TWO INCOMES?

parents living with you). The allowable deduction is reduced by 50 cents for each dollar of adjusted gross income exceeding $18,000 and peaks out at $27,600. Both partners must be employed full time—at least 30 hours a week.

• If your joint estimated income tax due even after withholding is more than $100, you probably will have to declare and pay estimated taxes each quarter. Self-employed workers should be especially alert to the estimated tax rules.

• Also for the self-employed: Look into the tax breaks provided under the Keogh Act for retirement funds. The self-employed income could be used for Keogh, and the other income could then be concentrated on current needs. Also, check out possible tax deductions when you work at home.

• If your two incomes bring a huge tax bill on April 15, consider adjusting one or both of your withholding statuses so that more tax is paid as you go along and less is due at tax time.

Insurance

• For *medical insurance,* the trick is to dovetail benefits from your respective jobs so there is as little overlap and as much coverage as possible. With separate employers, you're not going to be able to select just the best options of each plan as they fit together. But you can ask pertinent questions before deciding on which options you take with each plan.

Primarily, what options do you have about family coverage? Is it smarter to have one of you covered solely on your own company's plan, with the other's plan protecting the rest of the family?

Don't always go for lower price; check to see what each plan covers. Does one plan help pay for psychiatric care, for example, while the other does not? If so, can you get the rest of the family covered?

To what age are children covered overall? Which plan has the better major medical for catastrophic expenses? Which requires more out-of-pocket cash as deductibles? Is it possible to fill the gaps of one with coverage from the other?

As you fit the plans together, you may find that you need supplementary insurance from a private company.

• As for *life insurance,* take a careful look at what the loss of either of your incomes would mean to the family's ongoing welfare. Buy insurance accordingly, taking whatever advantage you can of company group plans. Check out their provisions [illegible] continuing or converting co[illegible] erage upon retirement or term[illegible] tion of employment.

Ask your lawyer about cha[illegible] ing ownership of life insura[illegible] to cut down on estate taxes.

• *Disability insurance* is imp[illegible] tant for both income earn[illegible] Provisions may be included[illegible] basic employee plans; if not, [illegible] sure you are adequately cover[illegible] At present, benefits for wo[illegible] tend to be more limited and m[illegible] expensive than for men.

Pensions and profit sharing

These plans often are optio[illegible] and should be considered in te[illegible] of your other long-range inv[illegible] ments and needs. Such plans g[illegible] erally are desirable, provi[illegible] their "vesting policies" are r[illegible] sonable (that means how long [illegible] must work before you are enti[illegible] to the cash even though you l[illegible] the company early).

Be sure the contributions [illegible] quired from you are not so g[illegible] that you have no cash left [illegible] other investment opportunitie[illegible] unless that's the way you wan[illegible] One smart maneuver might b[illegible] take on the retirement or pro[illegible] sharing benefits from one inco[illegible] to ensure some stability in [illegible] future, and use the other inco[illegible] for growth investment purpo[illegible]

Investments

Once you have laid a solid fo[illegible] dation of insurance protect[illegible] and savings, your combined [illegible] comes may have something [illegible] over to invest more speculativ[illegible] Be sure to limit these venture[illegible] the amount you can really aff[illegible] to lose, however.

Start with a broker who [illegible] give you the attention you [illegible] quire. If you open a joint acco[illegible] and you both intend to make [illegible] vestment decisions, make it cl[illegible] to your broker that he is to ho[illegible] a call from either of you.

The tax law allows a $100 [illegible] clusion per person on divide[illegible] income which applies to joi[illegible] held as well as individually ow[illegible] securities. However, this ex[illegible] sion cannot be transferred in[illegible] case of separate accounts, wh[illegible] one spouse receives dividend[illegible] excess of $100 while the other[illegible] ceives less than $100 in d[illegible] dends. Also remember that jo[illegible] ly held securities are subject[illegible] estate taxes when either part[illegible] dies, except to the extent [illegible] surviving partner can prove he[illegible] she made contributions.

Consider a mutual fund [illegible] neither of you has the time[illegible] interest to manage your own [illegible] vestments. Once you find a m[illegible] agement company or fund [illegible] fulfills your investment ob[illegible] tives, maintaining the program[illegible] quires little attention from you[illegible]

Now you can give your dog all the goodness of egg.

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Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 149 for this shopping information.

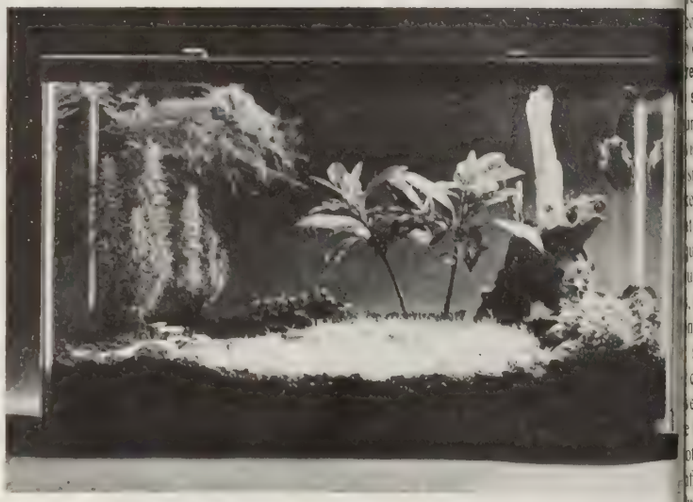
continued from page 107

Small worlds for plants and pets



A magic meadow
Elves may dance in this magic circle at night, but when daylight comes the spirited tree frogs will catch all attention. Why imagine little people when you can watch real-life animals

Better Homes and Gardens kits for Small Worlds. To order see pg. 124





race up the glass and change color according to whim? Naturally, you'll need an aquarium lid for this small world, and, if you don't want to do daily glass washing, get enough plants and fir bark or peat moss to completely cover the soil. A tree frog that rolls in open soil, *then* walks up glass is a step beyond the magical. Outline the meadow with pieces weathered wood and fill center section with Scot moss and heronsbill, a grou cover with tiny lavender flo ers. Or, substitute another lo growing ground cover. U crotons and asparagus fer for trees around the perime of the meadow.

continued on page 159

whys and refores of oth-top king aces

past two years, those ceramic smooth tops on d counters have boomed even though this feature) to the cost of the range. ozen manufacturers now white glass ceramic ops as part of their prod- In fact, range manufac- edict smooth tops will ount for 50 percent of ld in the United States.

e in the market for a new surface, here is some nd that might help you ise decision.

smooth tops first entered et, manufacturers stipu- t special pots and pans uired. On most models u can use your own pots provided they're flat on m.

models have thermo- controlled surface units, e infinite controls, some large cooking surface, others have two- or four- figurations.

vantages of glass ceram- g surfaces are durability, eaning, and good looks. in use, the cooking sur- augment counter space plus for cramped kitch- ost models, heating ele- e mounted against the of the panels and can ed for repairs.

Cleaning

ace is nonporous and sistant to stains. Manu- recommend that you use -base cleaner specially d for glass ceramic. Do metallic or impregnated eaning pads or abrasive on the new cooking sur-

who own these cooking clean them as frequently would counter tops, not company is coming, as n messy drip pans on ctric ranges.

Safety

ranges, an indicator the control panel will when the element is op- and the unit will turn ntil the surface is cool.

Unique features

nufacturer's cook top food by solid-state cir- nduction coils convert standard electric power into higher frequency current, then apply it to the coil, which creates a magnetic field. This field induces heat in cast-iron or steel cookware and cooks food without direct application of heat externally.

Another manufacturer has developed a fascinating multipurpose range. You can buy the basic range with a choice of regular electric surface units or a two-piece smooth top. Since the surface units are self-contained sealed cartridges, you can replace them with such options as a rotisserie, griddle, french fryer, grill, and cutting board. ■

Three European coffee flavors arrive in America.



In introducing General Foods International Coffees, we borrowed a few of the best coffee ideas the Europeans ever had. Café au Lait, the smooth, light coffee with a deep French roast flavor. Suisse Mocha, the chocolate flavored coffee whose heartwarming taste takes the chill out of the Alpine air. And from Vienna, where great pastry deserves only great coffee, Cafe Vienna, with a touch of cinnamon the Viennese are so fond of.

These deliciously different coffees are a combination of some of the world's finest coffees with some of the most interesting flavors. Just put two spoonfuls in a cup, add boiling water, stir and sip. And you'll discover the same great coffee flavor you'd find abroad. The flavor of Europe. Let's drink to it.





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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West

How to pick the best ski area for your family

When you're shopping around for a slope to take your youngsters to over the weekend, it's not wise to choose a resort merely because it's nearby. On weekends and holidays, the really close-in places can be mobbed. Your best bet—and it's by no means a sure one—is to estimate the farthest distance you can comfortably travel, then pick an area at the limits of that range.

During the week, however, it's another matter. Then, the ski areas that draw the heavy weekend crowds from nearby cities are not so busy, and thus are often an excellent choice. You won't have to wait so long, and sometimes not at all, for your turns in the lift line, and you'll get in a maximum of skiing on relatively empty slopes. Chances are that accommodations and lift tickets will cost less.



Among easy-to-reach ski areas where you'll do very well in midweek are Badger Pass, Dodge Ridge, Alpine Meadows, Squaw Valley, Snow Valley, Mount Baldy, Bear Valley, Northstar-at-Tahoe, and Heavenly Valley, California; Breckenridge, Winter Park, Copper Mountain, Keystone, and Hidden Valley, Colorado; Park City, Snowbird, Alta, Sundance, and Beaver Mountain, Utah; Slide Mountain/Mount Rose, Nevada; Crystal Mountain and Mission Ridge, Washington; Timberline, Oregon; Bogus Basin, Idaho; Bridger Bowl and the Montana Snow Bowl, Montana.

And for a real ski vacation you'll probably want to take at least one week, preferably in one of the resorts fairly remote from population centers where you don't get extra-heavy weekend traffic except on holidays. These resorts will be far from empty, since they attract skiers from all over the country, but on a long vacation you won't mind an occasional lift wait nearly as much as on a short trip. Also, the fact that there are lots of visitors assures a wide range in your choice of accommodations and a variety of après-ski activity.

The most famous of such big-time ski vacation resorts are Colorado's Aspen and Vail and Idaho's Sun Valley, but don't neglect to check into some other places not so well known.

If you're not driving, the first thing to consider is how to get around once you get there. At a small, compact resort this won't present problems. At bigger resorts—those with more than one mountain or with restaurants and motels strung out along the highways—you have to find out about the internal transportation system. Is there a shuttle bus? How often does it operate? Can you walk where you need and want to go? Are there local taxis? Or will you need to rent a car?

Among resorts where you definitely won't need a car are Bear Valley, California; Aspen, Breckenridge, Steamboat, Telluride, Vail, and Winter Park, Colorado; Sun Valley and Grand Targhee, Idaho; Big Mountain, Montana; Taos, New Mexico; Alta, Brian Head, and Park City, Utah; Crystal Mountain, Washington; and Jackson Hole, Wyoming.

Accommodations narrow down to three basic options:

Lodges that give you bed, breakfast, and dinner. These range from about $12 to $45 nightly per person; children usually get only minor reductions.

Hotels and motels, about $15 to $50 for a family of four sharing a room.

Housekeeping units in chalets and condominiums, averaging $50 to $75 per night for a place that sleeps four or five. These may be your best bet if your family is big or if you can team up with friends.

Almost every major ski area and many minor ones have central housing offices to tell you what's available and how much it costs, and about baby-sitter services (see "children's programs" below).

Ski packages offered by most resorts, some airlines, Amtrak, and many motels and hotels put a combination price tag on several ingredients (transportation fares, ski arrangements, housing, meals, etc.) and can be substantial money-savers. If you plan to fly, check the airline packages first. Buying accommodations in combination with your flight may save you as much as 20 percent (Friday through Sunday) to 40 percent (Monday through Thursday) on regular economy tickets. Buying a ski package directly from a resort won't qualify you for those fare reductions but may save you money on lift tickets, lodgings, lessons, equipment rentals, and sometimes meals.

Ski school techniques vary, but almost every U.S. ski school now offers some version of the Graduated Length Method. GLM starts you on relatively short skis—sometimes only two feet long—and works you up to normal

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length as your ability increases.

In some places, though, GLM is taught only in continuous courses that generally take three or five days. So be prepared to sign up for old-fashioned lessons if you have only a weekend.

Regardless of method, find out how long the lessons last and how much they cost. They range from about $5 to $8 per half-day class session, and from $25 to $50 for 3-day and 5-day courses. Children under 13 sometimes pay a little less. The cost of short-ski rental is rarely included in the course fee—and that can add another $5 to $10 a day.

The more lifts, as a rule of thumb, the better the ski area. An abundance of lifts is an indication that there's something about the mountain that draws skiers.

However, don't use the resort's advertised "hourly uphill capacity" as a guide. What counts is the capacity from the base of the mountain, not how many lifts are strung out one above the other.

You can write to the resort for its lift and trail map, and study it. If you see that the base is served by several parallel lifts, chances are that the crowds will be effectively handled.

Here are some areas with exceptionally efficient lift systems that assure a minimum amount of waiting time except in peak periods and make ample provisions for beginners: Steamboat, Copper Mountain, and Breckenridge, Colorado; Crystal Mountain, Washington; Squaw Valley, Alpine Meadows, Sugar Bowl, and Mount Baldy, California; Big Sky, Montana; Sunshine Village, Alberta; Bogus Basin, Idaho; Red Mountain, British Columbia; and Sundance, Beaver Mountain, and Brian Head, Utah.

Lift ticket prices range from about $6 a day to as much as $12. Children often get discounts of about 30 percent. Buying weekly or multi-day tickets reduces the daily cost.

Terrain matters tremendously, and you can check it by looking at the trail map. If there are lots of lifts and trails spread out over a wide area, and if the vertical distances between lift base and top are respectable in comparison with other resorts', then chances are pretty good you'll find enough varied skiing to keep everybody happy. By noting the number of miles of groomed slopes, and the percentage of trail marked for each skill level, you'll be able to figure about how much skiing will be within your abilities.

Children's programs will concern you if your kids are young. You'll want to look for baby-sitting services, ski schools for your grade schoolers, day-care center and special slope-side nurseries for your tots. The preferable programs provide lunch so you don't have to interrupt your ski day.

Apres-ski life is livelier at the bigger resorts, at the smaller ones that are in a cluster of ski areas, and at those fairly near a city or close to a general resort area (like Lake Tahoe).

Resorts with lots going on after the sun sets include Sun Valley, Idaho; Jackson Hole, Wyoming; Park City, Utah; Taos, New Mexico; Slide Mountain/Mount Rose, Nevada; Dodge Ridge, Squaw Valley, Northstar-at-Tahoe, Bear Valley, Snow Valley, and Heavenly Valley, California; and Aspen, Vail, Steamboat, Copper Mountain, Breckenridge, and Telluride, Colorado. ■

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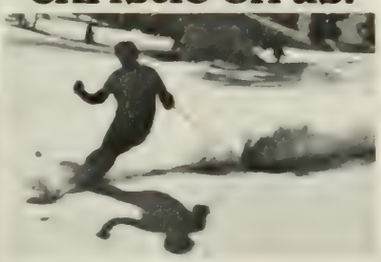
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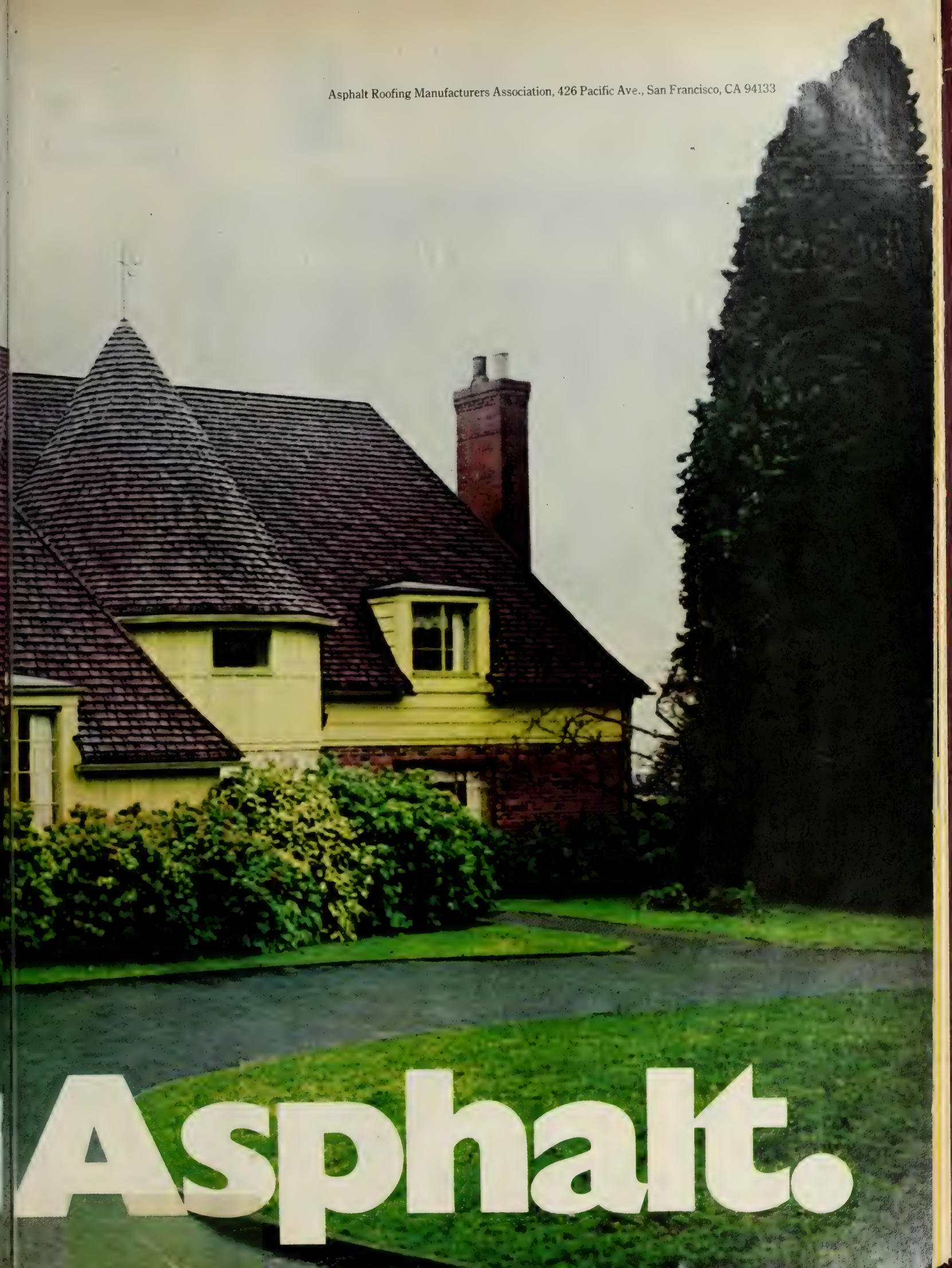
The roof on this house is made of a new kind of asphalt shingle. The edges are thick and irregular, so they cast deep random shadows. The color is deep and muted, so it blends in naturally with the architecture and the surroundings. The result is a woodsy, rustic look. But with all the fire safety of asphalt.

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Record all vital information on your insurance policies, real estate holdings, investments, social security, bank accounts—what you own, where documents are, who should be contacted. Measures 8x4⅞″; 64 pages. Durable ring bound cover. No. 13916, $1.50 each plus 25¢ pstg. & hdlg.



Send order to: Better Homes and Gardens, Dept. 910, Box 374, Des Moines, Iowa 50336

How to read highway route signs

Often wondered why some hig way route signs seem to send y in the direction you just can from? Or in a direction you sen is wrong? You'll seldom get lo following them, even if they poi north and you want to go east; misplaced directional sign is rarity. The whole navigation task becomes much simpler, hov ever, if you understand the tw systems by which federal hig ways are numbered for quick an sure identification.

All interstate expressways th are east-west routes are given tw numbers. For example, Inte state-80, throughout its length, an east-west traffic corridor an all road signs will be marked co respondingly as "I-80 East" or " 80 West," even on those occa sional sections that for a relative ly short distance head straigh north or south. So don't turn o the highway and risk getting los even if you think the direction totally wrong in relation to wher you want to go.

The numbering of east-wes intertsate expressway routes als depends on their north-south lo cation. The numerical order be gins with Interstate-4, in Florida and ends with I-96, in Michigan the one farthest north. North south interstates are odd-num bered, with the numbers gettin higher from west to east; Inter state 5 is in California, Inter state-95 in Virginia.

With this east-west and north south numbering system acting as a grid, it's easy to visualize an interstate expressway's geo graphic location without a map.

Three-digit Interstate numbers are found in and around large metropolitan areas. Remember that prefixing an even digit to the route number—as in Interstate 235, for example—means that the expressway will continue through the city. An odd number prefix means the route is a "spur" that ends in the downtown area.

Federal highways other than interstate expressways also follow an east-west and north-south numbering system, but the ascending numerical orders are reversed—that is, the lower numbered U.S. highways will be on the east coast, and in the north near the Canadian border.

To build your confidence, try this exercise: without using a map, visualize the locations of Interstate-17, I-10, US-66, I-235, and US-2. Now check a map to see how you did. ■

Who says a dishwasher detergent can't beat eggs?



This one can! Palmolive Crystal Clear dishwasher powder. It has unsurpassed cleaning strength.

Eggs...especially dried eggs...are hard to clean. So we dipped this beautiful crystal salad plate in pure egg yolk and let it dry.

Hard? Yes! But no problem for the first lemon-freshened automatic dishwasher powder. The exclusive cleaning formula in Palmolive Crystal Clear cuts right through dried-on food like egg. Leaves dishes and glasses sparkling clean and crystal clear. And the easy-to-hold package with convenient spout pours where you aim it. Easy to see how much is left.

ou can have a beautiful et of 4 crystal salad plates ke these, each etched with different herb design. ail the top from any size almolive Crystal Clear and 7.25 in check or money der (no cash) payable to: almolive Crystal Clear, ox 186, Ashton, R.I. 02864 e sure to enclose your me, address and zip code low 6 weeks for delivery. ffer valid only in U.S.A. id where prohibited, gulated or taxed. ffer expires 6/30/75



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10¢ OFF ON ANY SIZE PALMOLIVE CRYSTAL CLEAR AUTOMATIC DISHWASHER POWDER

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224-54003

Q-855 **STORE COUPON** Q-855

The new Northern Girls are all yours!

Five frameworthy* prints for just $1.50








Northern® Tissue is offering you art quality prints of our five new Northern Girls. You probably recognize them—from our five new packages. On the packages we think they represent the softness and quality of Northern Bathroom Tissue. In your home they'll probably remind you of someone you know—a daughter, a granddaughter. Even a little sister!

To get a set of these 11" by 14" prints, please use the order blank below. Send $1.50 (check or money order) and include a Northern Tissue Premium Seal from any Northern Bathroom Tissue wrapper. You'll receive your five prints by return mail.

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Please send me _____ set(s) of the five new Northern Girls art prints. For each set: I enclose $1.50 (check or money order) and one Northern Tissue Premium Seal from any Northern Bathroom Tissue wrapper.

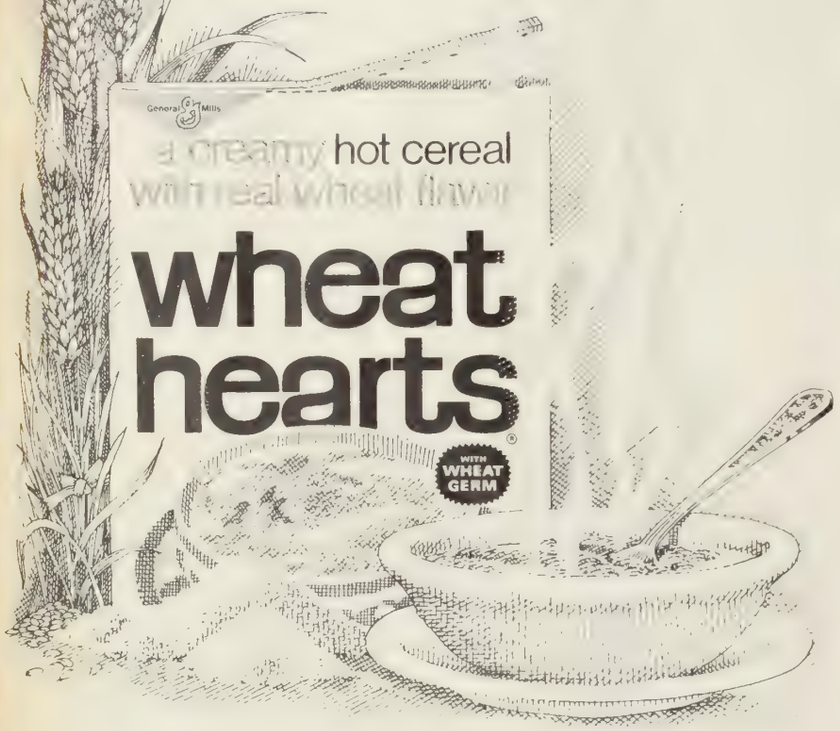
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Wheat Hearts makes great pancakes, cookies and more! Recipes are on each box.

Wheat Hearts.

More wheat germ than any other hot cereal.

Cutting your laundry energy load

We're all concerned about conserving energy, but our concern shouldn't stop with obvious measures. You can practice conservation every time you wash and dry your laundry, too.

One way is to sort garments according to fabric type and color, then store them until you have enough for a full load. These two well-planned home laundry areas provide efficient facilities for storing sorted clothes, for mending chores, and for ironing—all in minimum space.

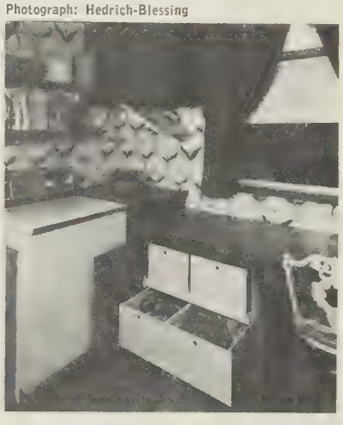
Another energy saver: pretreat heavily soiled clothes so they'll come clean with warm water instead of hot. If you're washing only a small load, use just the amount of water you need for the load size, and avoid running the dryer longer than absolutely necessary.

Photograph: Hedrich-Blessing



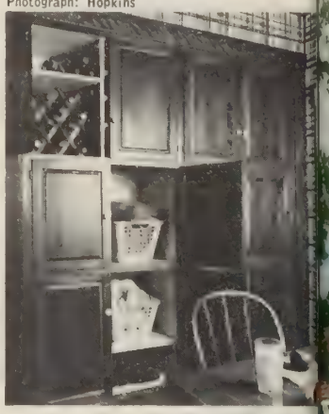
A combination laundry-sewing-hobby center is hidden behind closed doors for a neat, trim look. Clothes hampers are concealed behind doors at left. Sewing supplies—patterns, scissors, needles and thread—are housed in drawers and cabinets to the right of the desk area. Natural morning light makes this a sunny spot to work.

Photograph: Hedrich-Blessing



Clothes from the second-flo bedrooms tumble down a chu close to a waiting hamper cabi in the laundry room (pictur bottom left). The clothes can sorted into four pullout draw till enough accumulate for a f load of wash. This is particula handy for storing men's bla socks, lingerie, or other slo to-gather laundry items. The c ner unit immediately under t chute lifts up to store bulky wa able rugs and blankets.

Photograph: Hopkins



A multipurpose storage wall co ceals the end of the clothes chu built-in wine racks, canned goo and staples, and storage for t large laundry baskets. Cloth can be stored in the baskets o of sight till a load of whites, p manent press garments, or de cates gather for the washer a dryer. Since the unit is locat in the large kitchen/family roo it's handy for storing kitch tablecloths and napkins, la platters, and some seldom-us baking equipment, too.

Photograph: Hopkins



Part of the former pantry w converted into a laundry roo decorated in the same style the kitchen. Nearby, the wet si in the entertainment peninsu serves as a soaking sink on lau dry days. Tucked into a nook the left of the dryer is storage f fabric softeners, detergents, a other laundry products. Soli wood folding doors close off t equipment from view of dine and helps shut out the noise machines in operation. ■



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With Aunt Penny's, you've got it made.

Secret ironing center

In very little space, you too can have an ironing center!

An ironing center need not be large to be useful. This built-in ironing board with a wall hanger for freshly ironed clothes hides behind a floor-to-ceiling two-part folding walnut panel.

The metal frame of the ironing table includes space at the bottom for storing the iron. A molding around the wall provides the one inch of depth needed to accommodate the hanger.

The walnut panel is attached to this molding at the left on a piano hinge. A piano hinge is also in the middle of the two 19-inch-wide panels. Magnetic catches at the top assure a tight fit when closed.

The outlet is conveniently placed below the ironing board.

This ironing center could be built in the family room or in the kitchen. Select a location where it will be comfortable to work and where there will be good lighting for either daytime or evening ironing.





Photographs: George de Gennaro. Scout: Dorothy Campbell. Architect: Pulliam and Matthews AIA

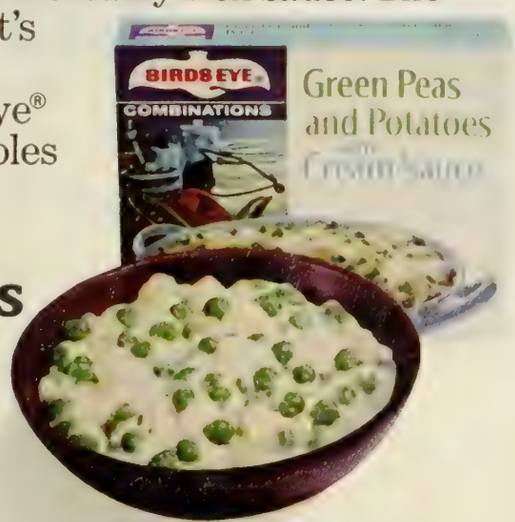


Your husband will think Peas and Potatoes are more interesting than peas. Or potatoes.

Just plain peas aren't very interesting. Same goes for just plain potatoes. No wonder your husband doesn't notice them.

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Birds Eye® Combinations

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(Above photograph is 3 times actual size.)



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Time for apple turnovers

How long has it been since you tasted a homemade apple turnover? These tasty triangles have all the goodness of apple pie made extra-special with a flaky, buttery pastry. They're more time-consuming than a plain pie, but you're well rewarded. The delectable self-contained servings save last-minute cutting and travel handily in lunch boxes and picnic baskets.

Photographs: Diet



APPLE TURNOVERS
A tender pastry surrounds the spiced apple filling—

3 cups all-purpose flour
1 teaspoon salt
1 cup shortening
6 to 8 tablespoons ice water
6 tablespoons butter or margarine, softened
4 cups diced pared apples
⅔ cup sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅛ teaspoon salt
1 tablespoon lemon juice

In mixing bowl, thoroughly stir together flour and the 1 teaspoon salt. Cut in shortening till mixture resembles small peas. Add water, one tablespoon at a time, stirring with fork till all is moistened and dough forms a ball. Divide mixture in half. Roll each half of dough to an 11-inch square. Dot each half with 3 tablespoons of the softened butter or margarine. Fold in thirds; chill 30 minutes. Reroll each portion to an 18x12-inch rectangle. Cut each rectangle into six 6-inch squares.

Combine apples, sugar, spices, the remaining ⅛ teaspoon salt and lemon juice; mix well. On baking sheet, put ⅓ cup apple mixture in center of each pastry square. Moisten edges of pastry with a little milk. Fold in half diagonally, sealing edges well by pressing with tines of fork. Prick tops. Brush with more milk.



Bake turnovers in 400° oven for 25 to 30 minutes or till pastry is golden brown. Serve each turnover warm or cool with a scoop of vanilla ice cream or a dollop of whipped cream, if desired. Makes 12 turnovers.



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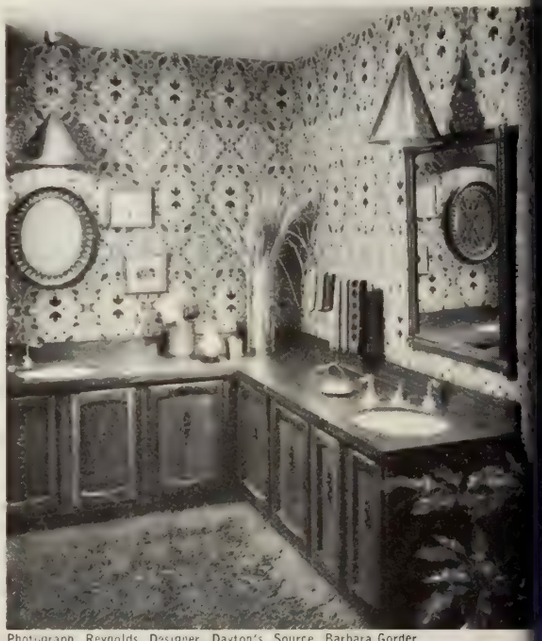
Banner Bathrooms

The compact size of the average bathroom needn't suppress your imagination or limit your decorative efforts. You can easily achieve a great many handsome effects. Experiment with a wide variety of tools: mirrors, decorative tile, a distinctive wallpaper or fabric pattern, unusual lighting fixtures and accessories and, perhaps, a touch of greenery. Even your choice of towels can make a decorative point. This good-looking trio of baths is convincing evidence of how much personality you can pack into one small room.



Photograph: Hedrich-Blessing. Interior design: Phyllis Kodner. Source: Lois Rea

Top: Latticework panels over mirrored walls and ceiling give this tiny bath the quaint look of an old-fashioned garden. Panels were constructed of lattice molding and attached with magnetic catches. To clean the mirrors, simply lift out the individual panels, then snap back into place. Cabinet base was faced with 1x2 strips and painted a soft green. Two picture frame lights, installed below lavatory counter, illuminate green onyx top for a translucent glow.



Photograph: Reynolds. Designer: Dayton's. Source: Barbara Gorder

Center: Don't be fooled by the country charm of this his 'n her bath. It's filled with 20th century efficiency. Overscaled wall pattern in turquoise and brown sets the color scheme which is echoed in shag carpet and wooden cabinets. Placed at right angles, the double vanity accommodates two people within a small area, minus customary confusion. Funnel-shaped copper light fixtures support the rustic look as does the copper container on the counter with its dried arrangement.

Photograph: Reynolds. Decorator: David Peterson. Source: Barbara Gorder



Below: A counter top and backsplash of mosaic tile inspired this unusual bath. The homeowner/artist put her talented brush to work and created a series of trompe l'oeil panels for cabinet door fronts. (To get a similar effect, use a trompe l'oeil wallpaper design.) Tasseled valance was hand-painted at ceiling level for another dimensional effect. The lighting is artful too: a matching pair of china-based lamps placed on matching wall-hung wooden shelves.

Here are two towels that absorb more and faster than the leading brand.



That's right. Whether you choose the decorator prints of Chiffon Sun Fresh™ or the refreshing colors of Chiffon Spill-Mate,™ you'll be using a towel that tests prove absorbs more and faster than the leading brand.

And Chiffon stays strong... even when wet.

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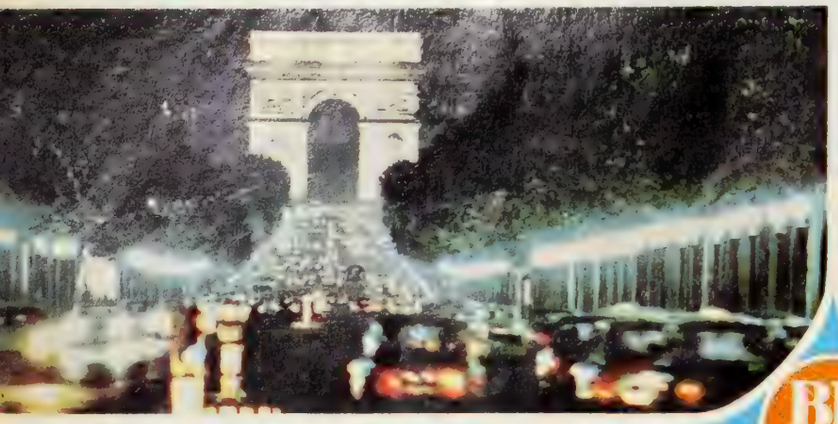
Chiffon Sun Fresh or Chiffon Spill-Mate. You can't lose.

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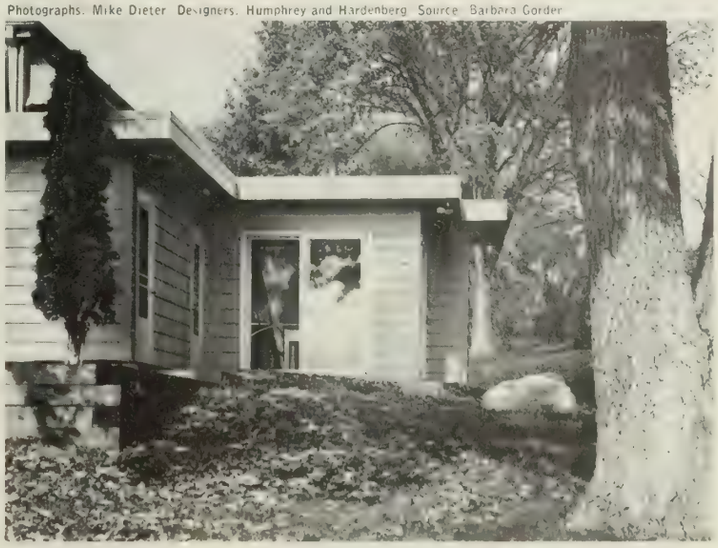
Adult hideaway



Away from the hustle and bustle of the rest of the house, this 15x12-foot office/sitting room is the perfect place for working or relaxing. Bookshelves next to the desk fit neatly into the tailor made space between the door and the sidewall. Weathered barn boards were used for the ceiling and the low shelves behind the desk. Two sliding glass doors—the room's only source of sunlight —keep the interior bright, and four recessed spotlights illuminate the room for nighttime activities.

To make the new extension blend in perfectly with the rest of the house, the flat roof was extended and materials resembling those of the original house were used. The two sliding glass doors provide easy access to the patio and backyard area.

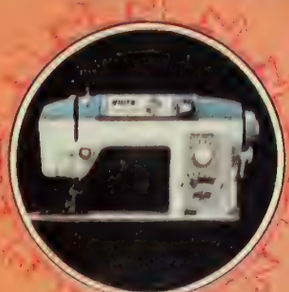
Photographs: Mike Dieter Designers: Humphrey and Hardenberg Source: Barbara Gorder



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2,000 THIRD PRIZES
2,000 White Electric Scissors. They help you cut through the toughest fabric. And have a special guide light so you can see exactly what you're doing

acle White has a solution for every laundry problem.

IAL RULES
er hand print or type your name, address, and zip code on an official entry form or a 3" x 5" paper
may enter more than once. Each entry must be mailed in a separate envelope. Each entry ntain one of the following:
ice Foods seal from any Miracle White Detergent, Super Cleaner, Bleach or Fabric Softener age
from bottom of any can of Miracle White Laundry Soil & Stain Remover
may submit as proof of purchase the words MIRACLE WHITE in block letters on a 3" x 5" paper. NO PURCHASE NECESSARY.
prize winners will be randomly drawn from all entries received. The odds of winning will be ned by the number of entries received. All prizes will be awarded. Only one prize to a family. for taxes is the sole responsibility of winners. Sports International Incorporated is the inde judging organization whose decision is final.
Miracle White Seweepstakes is open only to residents of the United States of America. Em of Beatrice Foods, Miracle White, White Sewing Machine Co., Flair Merchandising Agency, otts International and their advertising agencies are not eligible. Void in Idaho, Georgia and wherever else prohibited or restricted by law. Deadline for entries Dec. 31, 1974. list of prize winners, send a separate, stamped self-addressed envelope to Miracle White List, P.O. Box 8272, St. Paul, Minnesota 55182.



MIRACLE WHITE SEWEEPSTAKES
P.O. Box 8270
St. Paul, Minnesota 55182

Please enter me in the Miracle White Seweepstakes. I enclose one Beatrice Foods seal from any Miracle White product or Laundry Soil & Stain Remover code # or the words MIRACLE WHITE (see Seweepstakes Rule 2) printed in block letters on a 3" x 5" piece of paper

NAME

ADDRESS

CITY STATE ZIP

NO PURCHASE NECESSARY

Savvy kitchen storage

Where you store small items can make a big difference in the efficiency of your kitchen. You'll save a lot of backtracking if you put foods and tools close to where they're customarily used.

For example, if you use the tongs at your range, store them in your cooking area. You may want to duplicate small aids like spoons and knives so you'll have them handy in two areas.

Chronic "string-saving" is a great contributor to kitchen clutter. Don't give prime stor space to items you seldom or r er use. Periodically clear those obsolete utensils and to

Assign your premium spac the items most used. The easi to-reach storage is between 2 54 inches from the floor.

Check these logical groupi of utensils and other stored ite then make adjustments to fit y own working habits and kitc arrangement.

At the cleanup center

- Soaps, detergents, scour pads, brushes, and paper to go here. Group these necessi in their own storage tray bene the sink, or put them in a nar backsplash cabinet. Make r for hand towels, too. Consid pullout towel rack or attac rack behind door.
- Set aside space for a waste per basket, trash container.
- Strainers, chopping tools, cl ping board, peelers, kni and non-refrigerated vegeta should be stored close to the s dishwasher area.
- Dishes used for family m belong in a wall cabinet clos the dishwasher.
- Double boiler, pitchers handy close to water supply.

At the cooking center

- Frypans, saucepans, roast cooking racks, broiler pans, should store by the range. K them orderly and save space by putting them on pullout t and racks.
- Store canned foods, dry stap spices, and condiments as c to the cooking center as possi If the range area doubles as n ing-baking headquarters, s space for baking pans, mi blender, canisters, casser molds, cookie cutters, muffin graters, mixing bowls, and food mixes.
- Serving trays and other it designed to hold hot foods long in the range area.
- Set aside a drawer for kni spatulas, turners, tongs.
- Hot pads, extra towels handy close to the range.
- Electric appliances like the opener, skillet, saucepan, g broiler, and pressure cooker convenient to use in this cent

By the refrigerator/freezer

- Freezer containers, fre wraps, bags, plastic wraps, m ing pens and ties should go drawer here.
- Use storage above applia for seldom-used items such picnic gear and bulky casser
- Set aside prime space for j containers, ice bucket, sandw board, trays, salad bowls, House salad utensils and the cream scoop in a drawer.

Give more than just another great after-dinner liqueur.

Vandermint is more. It's a delicious mixed drink. Or a parfait. Or an exquisite after dinner drink.

Imported from Holland, Vandermint chocolate liqueur is whatever you want it to be.

What more could you want? Somebody special to give it to.

1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. 2. VANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDERMINT ALEXANDER: Shake 2 parts Vandermint, 1 part each gin and cream with cracked ice. Strain into cocktail glass. 4. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint. 5. VANDERMINT & VODKA (V & V): Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. 6. VANDERMINT PARFAIT: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yokes. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8. VANDERMINT FONDUE: Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. 9. DUTCH COFFEE: Pour jigger of Vandermint into cup. Add hot coffee. Top with whipped cream. 10. VANDERMINT STRAIGHT



IMPORTED AND BOTTLED BY PARK AVENUE IMPORTS, 375 PARK AVENUE, N.Y.C., 60 PROOF

ed help h usecleaning?

r husband balks at moving rniture to make room for cleaning, or if everyone family disappears at the mention of washing the om walls, or if you've had it with housecleaning sider a professional clean- rvice. You'll find a listing Yellow Pages of the tele- directory under "House- ng" or "Cleaning Systems." ervices are designed to do avy cleaning chores most dread most. These can from shampooing carpet rniture to washing walls indows and cleaning and g floors.

e and more working wives, rs with small children, and n who simply find certain ng tasks too physically ex- ng or time-consuming are on the services of profes- cleaners. Arrangements made on a one-time-only. ly, quarterly, or annual You set the time intervals t your particular needs. with several professional ng companies for estimates. n average three-bedroom n the $45,000 class, whole- cleaning might cost ap- nately $64 a month.

fessional cleaners usually n pairs, but three or more may be necessary for very obs. These people are well l in all types of cleaning ures. They use the latest equipment as well as lab- y-tested detergents, polish- d other cleaning products d by their service.

discuss the type of clean- u want done and work out iled schedule. Everything ten down so you know ex- hen to expect the cleaning for a half or a full day's Times remain fixed except s of emergency. The same sually make return trips to house. This enables them niliarize themselves with or plan and also learn of references you might have the work.

t of a professional clean- rvice may be based on footage (as with walls rpet), or on the number e of furniture pieces to be d and the extent of work ed. In the case of windows, would be so much per w, according to the type ning.

uld you decide on a half- eaning schedule every two here's an example of what

work might be done: furniture and carpet vacuumed and spot cleaned; bathroom cleaned and sanitized; kitchen appliances and all surfaces cleaned; resilient and hardwood floors mopped and buffed; ceilings, bookshelves, and door moldings dusted; walls dusted and spot cleaned around light switches and stair rails.

Once a year or every six months, the more involved cleaning projects are tackled. These include cleaning and recaning floors, shampooing carpet and upholstered furniture, polishing wood furniture, washing walls and cleaning the windows.

The beauty of silver in carefree stainless.



Coronation



Chateau



Paul Revere



Capistrano



Phoenix

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For a free colorful brochure featuring twenty-three different patterns in four different price ranges just fill out this coupon and mail to:

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The silver cube. Our silversmiths mark excellence.

Kitchen safety tips

Posting a "DANGER" sign at your kitchen entrance might not be a bad idea, according to the accident statistics. They reveal that the kitchen is easily the most hazardous room in the entire house.

People hurt themselves in the obvious ways. They cut toward themselves with knives, burn themselves with hot pans, walk into open cupboard doors, and slip on freshly waxed floors.

Some housewives are more accident-prone than others. This is the tentative finding of Joan S. Guilford, a California psychologist who studied women at work in a rigged kitchen, tabulated their accidents and near-accidents, and correlated the information with psychological test results.

Women participating in the study often had accidents because of unsafe or unsanitary work habits. For example, they failed to wipe up spilled coffee, use a pot holder or check an appliance setting.

Unfortunately, following directions and using equipment correctly may not be enough to prevent an accident. In Seattle, Wash., a one-year-old boy dipped his finger into the automatic detergent dispenser of his mother's dishwasher and tasted the residue. His mother was a few feet away and quickly rinsed his mouth—probably saving his life. Nonetheless, the boy spent two days in a hospital's intensive care unit for treatment of alkali burns and blisters.

Strong detergents can and do kill children who swallow them; at best, the chemical burns they produce are very painful. So, keep *all* household chemicals away from children.

Your electric appliances call for special safety measures. When insulation in electric equipment breaks down, or wires become loose and dirt or moisture collects, a current path can be set up to other parts of the equipment. If the appliance's metal exterior becomes charged, electricity will follow any conductive path back to earth—and sometimes to the human body.

The best preventive is to ground all electric appliances except those with exposed heating elements, such as toasters and some broilers.

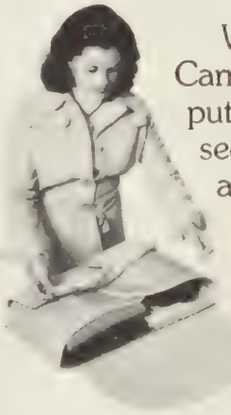
Replace old kitchen outlets with grounded ones. Do not permit your appliance dealer

Introducing the Travel Bureau

Always a closet, sometimes a drawer and never hard to pack.



"Fantastic!!" say Winnie and Arnold Palmer. They cover a lot of miles together, and can really appreciate this new suitcase. "The Travel Bureau is the most logical packing method I know of," says Arnold, "you pack right from the closet, right from a drawer."



Watch, as they unfold his CarryAll and stretch it out. Arnold puts his hanging clothes in the closet section right on their own hangers, as the section expands to suit 3 suits. Then Winnie puts in the valet, neatly packed with his other gear. They close the bag, zip it, and voila! Arnold's ready for action.



Because suits—or dresses—*curve around*, they come out the way they went in. "Perfect!" say the Palmers.

Samsonite's new Travel Bureau comes in Columbine Blue, Dover White and Bronco Brown. There's a CarryAll, shown, $75, a CarryOn, $55, and a SidePak for ladies, $40.

See them at your Samsonite dealer. Tell him you're in Arnie's Army.

(Limited quantities available—we are increasing the supply as fast as possible.) Samsonite®

A new bag named Sam™

Samsonite Corporation, Denver, Colorado 80217



(or your husband) to snip
the third pin so he can fit t
plug into your old socket.

More kitchen safety tips:

- Keep a multipurpose fire e
tinguisher handy, or a reac
supply of table salt or bakin
soda to put out a grease fire.
- Never carry a grease fire; t
flames blow toward you. Smot
er a frying-pan fire with a li
- Keep all flammable materia
away from food that's cookin
or baking. Pot holders, greas
paper towels, plastic, curtain
long hair and loose clothin
will all ignite quickly if the
come into contact with a g
flame or hot electric elemen
- Turn pot handles in, awa
from children, but not ov
other lighted burners.
- When you deep-fry, fill pa
only one-third full of fat,
food dry thoroughly, turn fo
with tongs and don't let f
overheat.
- Do not put silver, met
glass or large bones in your di
poser. If you must retrieve
lost utensil, use tongs.
- Do not submerge a portab
electric appliance—such as
coffee maker, mixer or frypan
unless it says you can on t
appliance itself.
- Keep cords clear to avo
snagging, tripping or jerking.
- If you drop an applianc
have it checked promptly f
electric safety before using it
- Don't allow children to pl
with appliances.
- Buy appliances that car
the UL (Underwriters' Labor
tories) or AGA (American G
Association) certification sea
The Underwriters' Laborat
ies seal should cover the ent
appliance, not just the cord.
- Wipe up spilled liquids, fo
and grease.
- Throw away cracked
chipped dishes and glassware
- Sharpen knives so you c
cut without much pressu
slice away from yourself, ch
on a cutting board and st
knives carefully.
- Know which fuses or circ
breakers apply to the kitch
so you can turn off power in
emergency.
- Never mix two or more clea
ing products unless the man
facturer recommends doing
in print.
- Label all cleaning compoun
and store in a cabinet or clo
away from children.

When you build a new kitche

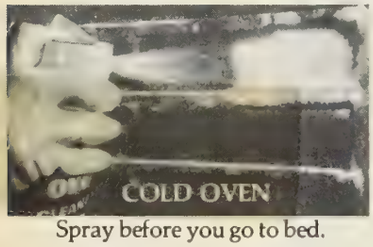
- Put the wall oven at a co
fortable height.
- Vent range hood outsi
never into attic or unused spa
- Keep kitchen work areas
of traffic lanes.

Finally, you should le
basic first aid.

Easy-Off for fast daytime cleaning in minutes.

Or overnight.





Spray before you go to bed.


In the morning wipe sparkling clean.

Get Easy-Off,® America's number one oven cleaner.
For easy overnight cleaning or...
for fast daytime cleaning in minutes.

10¢ CLIP AND SAVE 10¢
on Easy-Off Oven Cleaner
Regular or lemon-scented.

Mr. Dealer: We will redeem this coupon for face value plus 3¢ handling fee, provided you and the consumer have complied with terms of the offer. Any other application constitutes fraud. Use of the mails to collect for coupons not properly redeemed will be reported to Postal Inspectors. This coupon is non-transferable and good only for the product(s) specified. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. (Failure to comply may void all coupons submitted for redemption.) Void when presented by outside agency, broker or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption, or where prohibited, licensed, taxed or restricted. Any sales tax must be paid by consumer. Cash redemption value 1 20 of 1¢. Mail coupons to Boyle-Midway, P.O. Box 1160, Chester, Pa 19016. Expiration Date: November 30, 1975.

Offer limited to one coupon per package purchased.

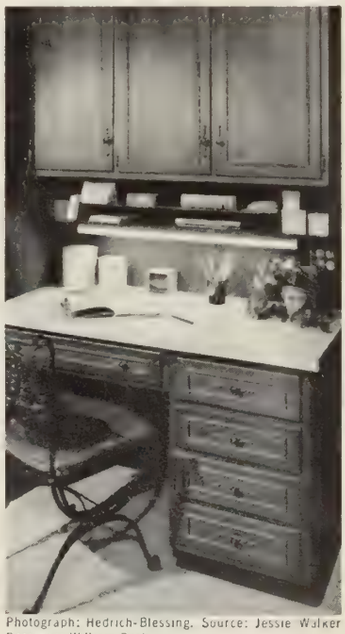


BHG 11/74 STORE COUPON

A desk to fit your kitchen


Photograph: Guy Burgess. Source: Lorraine Burgess. Builder: Tim Sanford

A junior-height work desk in the kitchen can be a real boon every day. The counter space can serve for study, play, hobbies, after-school snacks and as an auxiliary buffet for compan entertaining. It could also b used as a sewing center or home office. Drawers and cab net provide storage space.


Photograph: Hedrich-Blessing. Source: Jessie Walker
Designer: William Park

This contemporary version of the old rolltop desk has a host of cubbyholes for letters, cards and supplies. The bank of drawers on the right is an excellent place to organize household papers. The cabinets above can accommodate party items such as fondue pot, chafing dish, glasses and serving trays. They could also handily store a whole library of cook books.


Photograph: Ernest Braun. Source: Barbara Cathcart
Designer: John Sevison, A.I.D.—Ruth Sherman Assoc.

Tuck a mini desk into a kitchen corner. This wall-hung shelf stores the phone book, calendar and note-taking needs. The space required is only one foot deep and 1½ feet wide. There is room beneath for out-of-the-way storage for the kitchen step stool that doubles as a telephone chair. The wall-hung phone frees shelf space for writing or leaving messages for the family.

ued from page 158

mall

Great new budget meal idea!

burger

C real French
ground beef;
y mix; 1/4 tsp.
ater ;
l; 1 pkg. (10 oz.)
) water

Thematics® Stand-Out Insert™ is a trademark of **Synergistic Marketing, Inc.**, 477 Madison Ave., N.Y., N.Y. 10022



Chunky Beef Soup over noodles: your family and your budget will love it.

Here's a great idea for a quick, economical supper to go between those big, expensive holiday meals. Pour Chunky Soup over noodles or rice or even leftover stuffing—and you'll have a great main dish. Add your favorite trimmings, and you'll have a meal your whole family will love.



SAVE 5¢
on one can
DURKEE O&C REAL
RENCH FRIED ONIONS

over. Durkee Famous Foods will redeem this coupon for 8¢ ue value plus 6¢ handling) when accepted on the purchase consumer of the item specified. Invoices showing proof of hase of sufficient stock of this item to cover coupons pre- ed for redemption must be produced upon request and failure so will void all coupons. Coupons will be void if presented gh outside agencies, brokers, or others who are not re- sul this item. Consumer must pay any sales tax. Void where d prohibited or restricted by law. Coupons may be presented edemption by mailing to: Durkee Famous Foods, P.O. Box Clinton, Iowa 52734. Expires June 30, 1975.

3338

DURKEE FAMOUS FOODS

Dessert Fondue

n Betty Crocker® frosting
(any flavor)
blespoon light corn syrup
blespoon milk
ers (bite-size pieces fruits or cakes)

frosting, corn syrup and milk in medi- saucepan over low heat, stirring fre- ntly, until smooth. Pour into fondue pot afing dish to keep warm. Spear Dippers long fork; dip into sauce. 6 to 8 ngs—photograph shows double recipe. low 8 to 12 pieces per serving. Drain ed or frozen fruits thoroughly. To keep fruits from darkening, dip in lemon mixed with water.

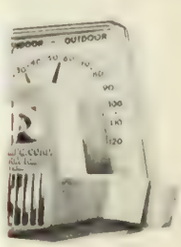




A late evening dip....with Betty Crocker® frosting.

Making a festive dish like Dessert Fondue is no longer a deep secret. Simply combine Betty Crocker® Ready-To-Spread frosting with milk and corn syrup, and serve warm in a chafing dish or fondue pot with fresh fruit and cake pieces for dipping.

®Reg. T.M. of General Mills, Inc.



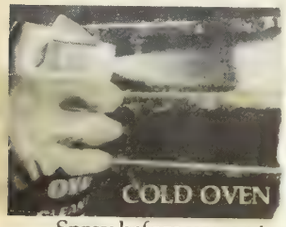


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Self-sc whil



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For easy over
for fast daytir

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on Easy
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Offer limited per packa

BHG 11/74 S

A desk to fit your kitchen

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SOFT BLUE BONNET® has the famous Blue Bonn flavor that adds the final touch of good taste to your holiday dishes. And that Heirloom China-Design Tub is a colorful finishing touch for your holiday table.



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It's the holiday season. Time for succulent turkey fixings, old-fashioned homemad and plenty of good-tasting Nescafé,® the world's best selling brand of instant coffe Nescafé is 100% coffee with dark, hefty chunks that brew up rich, full-bodied, an satisfying. Nescafé. Make sure you have plenty on hand for your family and guest

R-2
Better Homes & Gardens

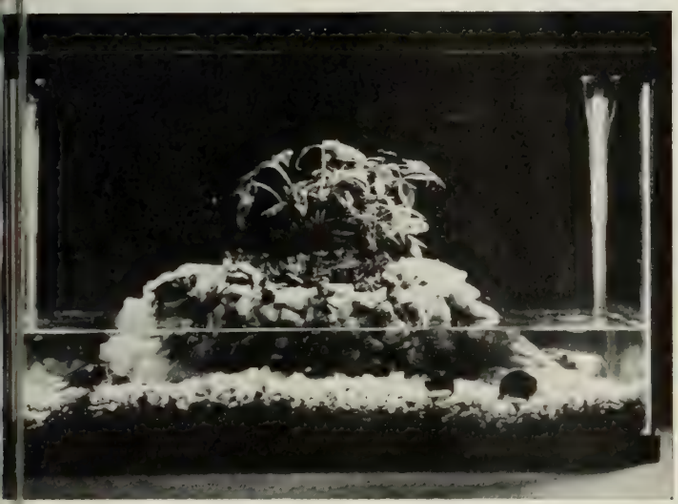
ntinued from page 158

Small worlds for plants and pets



ate island

e to a friendly island—a place where turtles swim efully and snails move at legendary pace. Encrust small-world island with nt quartz, working in a of gradual steps so the s can crawl up to the dry-





portion; glue the steps to-er. On this island, two lling scheffleras and a pair ung nandinas tower over growing baby's tears. A ry vine cascades over the s, and aquarium plants through the water. The e island (this includes the ts) should be removable for easy care. This unit started as a round turtle bowl; pebbles, soil, and plants go inside—quartz covering is glued outside. Buy only certified-healthy turtles for your private island (see the how-to instructions). The two snails and a filter keep the aquarium clean.

continued

Great new budget meal idea!

Crunchy Onion Hamburger

Take 1 can Durkee O&C real French Fried onions; 1 lb. ground beef; 1 pkg. (1 oz.) onion gravy mix; ¼ tsp. garlic salt; 1½ cups water; ⅓ cup rice, uncooked; 1 pkg. (10 oz.) frozen peas; 1 can (5 oz.) water chestnuts (optional).

Brown ground beef and pour off drippings. Blend in gravy mix, garlic salt, water and uncooked rice. Bring to boil. Then reduce heat to low. Cover and simmer 15 minutes. Stir in thawed peas and water chestnuts. Continue to simmer until rice is tender. Stir in onions. Serve with soy sauce. Serves 4-6.



SAVE 5¢

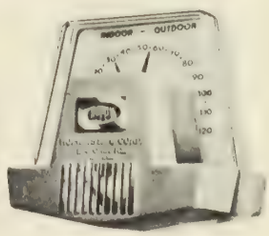
on one can DURKEE O&C REAL FRENCH FRIED ONIONS

To Grocer: Durkee Famous Foods will redeem this coupon for 8¢ (5¢ face value plus 3¢ handling) when accepted on the purchase by a consumer of the item specified. Invoices showing proof of purchase sufficient stock of this item to cover coupons presented for redemption must be produced upon request and failure to do so will void all coupons. Coupons will be void if presented through outside agencies, brokers, or others who are not retailers of this item. Consumer must pay any sales tax. Void where taxed, prohibited or restricted by law. Coupons may be presented for redemption by mailing to: Durkee Famous Foods, P.O. Box 1747, Clinton, Iowa 52734. Expires June 30, 1975.

3338

BCM DURKEE FAMOUS FOODS

STICK-ON INDOOR-OUTDOOR Thermometer



Each thermometer has 2 parts—one for indoor and one for outdoor. Just select a window, peel off the backing from the self sticking pad and press it on the window. Then do the same on the outside of the window; align the two parts. You can use it at home, office, auto, camper, travel trailer—anywhere! It's compact, lightweight and accurate. **No. 13952 $3.49 each; 2 for $6.49.** Please include 45¢ postage and handling for one; 75¢ for two or more.

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Hawaiian "Good Luck"



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The Ti plant makes an ideal gift. Your choice of red or green leaves. Guaranteed to grow!

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At Kusan, we believe in make-believe. We believe a child's imagination is a very real thing. And a precious gift.

So we make toys to give to children that encourage imagination. They're colorful, safe, durable and won't die. But they don't run on batteries. Or talk. Or do mechanical tricks. We leave the words and the action to the children.

We make toys that belong in the world of a child's unlimited imagination. The kind of toys that belong under the Christmas tree.

KUSAN TOYS

Kusan still believes in make-believe.



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Burpee's GIANT RUFFLED Zinnias

3 Packets, 3 Best Colors

$2.25 VALUE postpaid for only 50¢

Red, Orange & Yellow—giant 5" to 6" blooms, handsome ruffled petals. Easy-to-grow.

All 3 75¢-Pkts. 50¢.

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For extra cash spare-time, check coupon for Money-Making Stark Bro's Order-Taking Outfit—FREE!

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continued

Small worlds for plants and pets

Basic equipment

• A ten-gallon aquarium, ten inches wide, 20 inches long, and 12 inches high, is perfect for two small animals.

• All primarily aquatic habitats should be equipped with aquarium filters. The marsh and island are included in this classification. The filtering systems we used had two plastic tubes—one leading to the pump, a smaller one, holding the charcoal cylinder. With a coping saw, cut the larger tube so it will be below water level. Bend smaller tube to fit around a charcoal cylinder. If needed, dip end of tube into boiling water to help you reshape, taking care not to flatten the tube while you're bending it. Cut the small tubing to height of cylinder. If your aquarium filter system is different, ask when you buy how to keep tubing below water level, explaining that water level will be relatively low for either the marsh or island small-world settings.

• As noted in our story, some quick-climbing animals definitely need covering; as a precautionary measure, plan on covering all these small worlds. Sliding-glass covers are sold by aquarium manufacturers, as are wire-mesh tops.

General animal tips

• Buy only from an authorized pet dealer. Explain how you intend to house the animals, ask what the pets have been eating, how much water they need, the availability of food supply, the full-grown size of pets. These facts are particularly important if you're unfamiliar with the species. Newts, salamanders, snakes, and many other animals can be used, but you have to know their habitat requirements if you want to keep them alive.

• Buy animals approximately the same size; otherwise, the larger will pick on the smaller.

• Provide a hiding and/or resting place.

• Keep the water dish clean, even if the pets use it only for bathing. A baster works well to withdraw stale water.

• Handle the animals gently and only when necessary. A small fishnet from the pet store will help you pick up pets.

• Always wash your hands after handling animals.

• Don't overfeed the animals. Ask about food before you buy.

• When you buy a turtle, be su it has been certified as prescribe by the U.S. Food and Drug A ministration to be free of salm nella bacteria. Feed only a goo quality dry turtle food, and a food to the water area.

• Don't put too many lar plants in your small world.

• In aquatic environments, water stand for 24 hours befo adding animals. Or, use dechlo nating liquid available from p stores, following the manufa turer's directions.

• If you use ocean sand, grav or seashells in your small worl wash the material thoroughly b fore using in the aquarium. Ev a trace of salt can harm freshw ter animals.

Build the terrain

• Select a location where t small world will get filtered ligh not direct sun. Build your terra in the spot where you want keep it; a finished ten-gall world can get heavy.

• For the land terrains, beg with a one- to two-inch layer coarse gravel or crushed rock you use driveway gravel, wash first). The gravel layer preven waterlogging of plants. To swee en the soil, you can add a th layer of charcoal, if you wis Start contouring (making hi and valleys) with a layer of sa and/or a top band of balance potting soil.

• Use a five- or six-inch funn to correct the direction sand soil goes in the finishing stage and also later to fill in cavities le by planting.

• To accent the scene, add bark, rocks, little pieces of woo caves. See specific directions th follow.

Planting and care tips

• After all the paths, caves, dea trees, etc., are embedded, you' ready to plant. Experiment wi placement of the plants whi they're still in their pots. Set po and all in the spots you thi you'd like them. Rearrange un the effect is pleasing and natura

Knock each plant out of its p gently. Holding plant, lift soil f it in aquarium (use a fork knife). Put roots in place and p soil around base of plant. Wat individually, gently, using a w tering can plus funnel. Don't fe the plants, now or ever.

• Plants in a glass-covered hab tat shouldn't need additional w ter often—just add every oth month or when plants wilt. If yo use a wire-mesh cover, wat weekly. If plants grow too muc prune or replace.

continued

Better Homes and Gardens kits f Small Worlds. To order see pg. 12



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The Norman Rockwell Christmas Plate

Only Norman Rockwell could capture the spirit of Christmas with such warmth and merriment. His delightful "Tiny Tim" characters from Charles Dickens immortal "Christmas Carol" have been reproduced faithfully by Gorham on Fine China. This Annual Collectors' Edition is a special gift that will be cherished for an eternity of Christmas Seasons to come. Mr. Rockwell's original illustration first appeared as a Saturday Evening Post cover on December 15, 1934. This beautiful "Tiny Tim" plate is 8½" in diameter, banded in 24-karat gold, and is available for only $12.50 at finest jewelry-gift stores and china departments everywhere.

Price subject to change without notice © Saturday Evening Post

Gorham Division of Textron, Providence, R.I.

glasses—tops should be above water. Adjust level.

5. Add layer of gravel in bottoms of bowl and glasses; then add planting mix. Set in the plants you've selected.

6. For muskrat houses, cut foam balls in half. Cover the tops of balls with glue. Glue on pine needles or bits of hay. Insert ice-cream sticks in bottoms. Push stick bases into the turtle bowl at random intervals. Scatter wood pieces, pebbles.

7. Add toads.

A magic meadow

Materials needed: ten-gallon aquarium and cover; three-inch ashtray; glue; aquarium and cover; bits of wood; log for tree stump; rocks and pebbles; gravel; charcoal; soil.

1. Fill tank with a layer of gravel, then a thin layer of charcoal; contour soil on top, make meadow in center.

2. Embed log for tree stump in one corner. Glue rock-chip trim on ashtray and embed.

3. Outline edge of meadow with weathered wood or twigs.

4. Plant and add animals. If you use tree frogs, keep them cool (about 70°) and mist them twice a week with a plant mister, tepid water.

A private island

Materials needed: ten-gallon aquarium, filter system, and cover; seven-inch round turtle bowl; glue; quartz rocks plus a few flat rocks for steps; gravel, commercial potting soil.

1. Set up filter system. Add water to one-third of aquarium depth, let it dechlorinate (each time you change water).

2. Fill bottom with two inches of quartz-rock chunks.

3. Glue quartz rocks to plastic turtle bowl and to each other forming steps of flat pieces in at least one area. Let glue cure for 48 hours.

4. Fill turtle bowl with a bottom layer of gravel, then potting soil. Plant.

5. Add bowl to water. Top of bowl should be higher than the water level and one inch higher than filter tube.

6. Add turtles and snails.

A desert oasis (not pictured)

Create a pocket-sized desert, add a couple of lively lizards, and you'll stir up more excitement than a camel caravan.

Devote three-fourths of the aquarium space to sparsely planted sand, a cave, and a pond. Set plants in aerosol-can tops filled with soil, then sunk into sand. Let remaining one-fourth of space be an oasis. Start with a turtle bowl filled with a layer of gravel, then potting soil. Plant Scotch moss ground cover and parlor palms.

continued

Small worlds for plants and pets

Specifics on each habitat

For gluing purposes use only silicone glue made for repair of aquariums (buy in pet shop).

A junior jungle

Materials needed: ten-gallon aquarium and cover; glue; rocks; gravel; charcoal; potting soil; manzanita or driftwood branch; six-inch green ashtray; chips of flagstone or other natural material; bits of wood.

1. Position dead branch, glue to rocks to weight down.

2. Cover gravel bottom layer, then charcoal, with potting soil, making valleys; pat down.

3. Glue together rock cave; embed in soil. Glue stone chips on edge of ashtray, embed.

4. Plant and add pets.

5. If you use chameleons, mist them two times a week with a plant mister, tepid water.

A secluded woodland

Materials needed: ten-gallon aquarium and cover; three-inch ashtray for water dish; glue; lava rock; redwood chips; little pebbles; gravel; charcoal; soil.

1. Fill bottom of aquarium with gravel, then layer of charcoal, then contour with soil.

2. Build cave from rocks.

3. Mark off paths and open spaces; fill with pebbles, peat, or bark, Add wood chunks.

4. Add plants and animals. If you use tree geckos, keep them cool (about 70 degrees) and mist two times a week with mister.

A miniature marsh

Materials needed: ten-gallon aquarium and filter system; an aquarium cover; a three-inch-tall free-form turtle bowl, two glasses; glue; gravel; potting soil; lava rock; brown quartz; one 2-inch foam ball, two ice-cream-bar sticks; pine needles, straw, bits of petrified wood or pebbles.

1. Set up aquarium, filter.

2. Add two-inch layer of rock.

3. Glue rocks to plastic turtle bowl and to each other to cover bowl. Cover glasses same way. Leave bottoms uncovered so they will sit level.

4. When glue has cured set up tank, positioning bowls and the glasses among lava rocks. Fill aquarium one-fourth full of water. Check turtle bowl and the



Very special little people to win someone's heart

Gorham introduces a delightful new group of Moppets with happy thoughts of friendship and love. Some of these new Moppets are musical, to bring someone's world with a song. Some spoof sports, as only the wonderful Moppets can. Irresistible and charming, their heartwarming expressions are captured in hand-painted porcelain for a gift that will be cherished for years. See them at finest jewelry-gift and department stores.

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Gorham Division of Textron, Providence, R.I. Moppets © 1973, 1974 Fran Mar

l from page 66

to care aged pets

een 60 and 70 degrees. e the mice are kept safe s and cats or wild mice who will try to invade or food.

equip the cage with a nesting box. This can be etal or wooden box with trance. The box is your private chamber and tter keep hands off ex- periodic cleaning.

the bottom of the cage vdust, wood shavings, l paper toweling, or cat ch day, try to clean out ace the bedding in the sed as a toilet.

selecting a mouse look n, erect ears, smooth, r, and a tail as long as and free of kinks. A nouse has twinkling eyes vely, alert, and plump, at.

ore you handle your pet e better. All mice love to l. The best way to pick use is to grab it firmly in le of the tail and quickly e mouse in the palm of er hand. Dnd't hold it by the tail.

our mouse the same bal- et as suggested for rats. aked in milk is good for pplemented by mixed r mixed birdseed and getables—fresh lettuce, and peas. But feed vege- aringly or diarrhea will hough cheese and bacon itional baits for mouse- lon't go overboard on ats. Mice can become too is kind of diet.

o give your mouse some- gnaw on—either hard- nuts or a small piece of ne. Like rats, mice need their teeth from growing hat they prohibit normal

pet should stay healthy as you keep him in a clean, age, and feed him nour- ods. If you have several d one should turn up sick, nim from the others so ase won't spread. If the s really sick, there's not o do but destroy him. ms to be watchful for in- ss of hair, dull fur, sneez- ghing, heavy panting, loss ite, diarrhea, and general ion.

ling can take place when e between two and three old. The gestation period ays, and litters are from 2 mice with an average of

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by Ann Lively



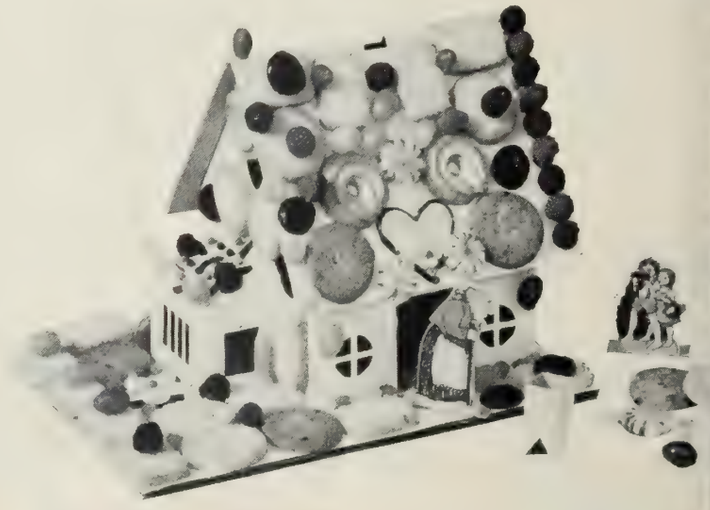
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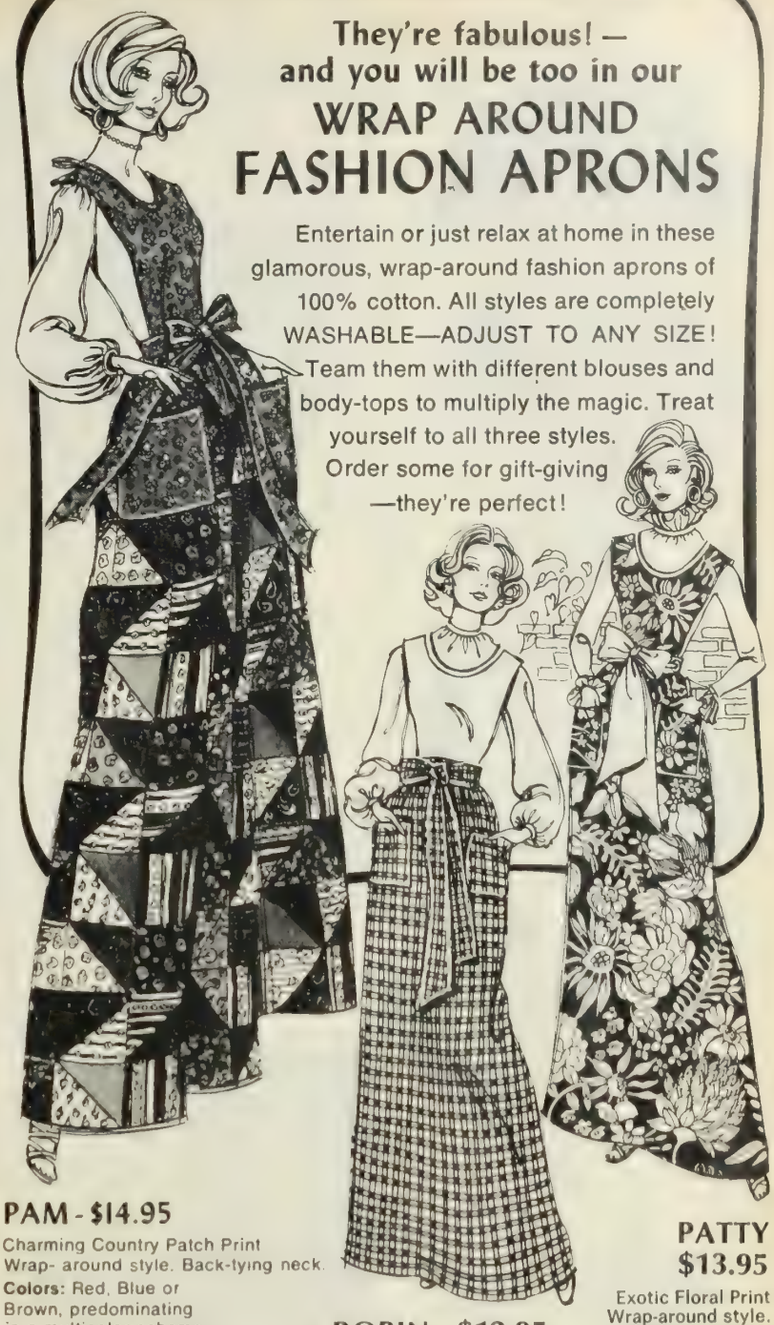
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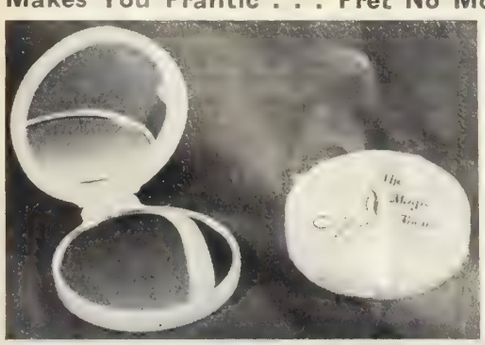
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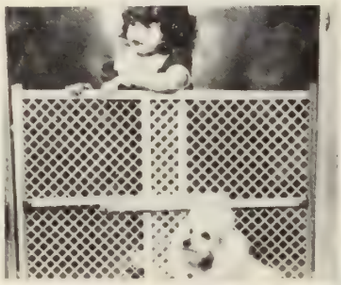
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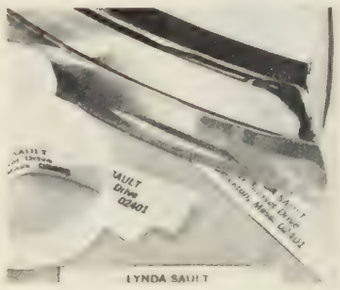
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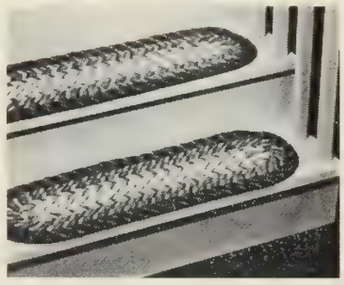
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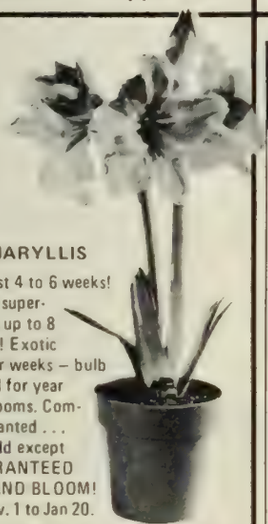
Order Gift No. 261 ..... $12.95 delv'd



CHRISTMAS CROCUS

Completely pre-planted and ready to grow in a genuine handpainted Delft planter! Nothing to add but water — includes 12 top size bulbs. Do order NOW for Christmas delivery! Available Dec. 10 to Feb. 14.

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Blooms in just 4 to 6 weeks! Flaming red, super-sized flowers up to 8 inches across! Exotic show lasts for weeks — bulb can be stored for year after year blooms. Completely preplanted . . . nothing to add except water. GUARANTEED TO GROW AND BLOOM! Available Nov. 1 to Jan 20.

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Since 1936, America's favorite family club. Month after month, a parade of the world's rarest and finest fruit sent direct from the orchard. Each gift box with your greetings. All announced by a handsome, gold-embossed Certificate of Membership.

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3-BOX CLUB Surprise them with gorgeous gift boxes for Christmas, January and February!

Gift No. 111 ..... $21.95 delv'd

5-BOX CLUB Keeps coming and coming! Christmas, January, February, May and September.

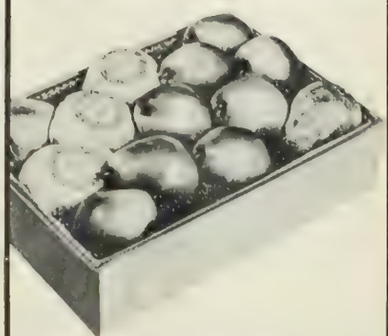
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8-BOX CLUB: Delight them to pieces again and again! Christmas, January, February, May, August, September, October and November

Gift No. 151 $59.95 delv'd

12-BOX CLUB: Flabbergasting! A gorgeous gift every single month of the year

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We guarantee your complete satisfaction in every respect ... or your money back!

Every year folks write to tell us how pleased their friends are with gifts from Harry and David. Our "secret"? It's the personal touch that's part of every gift we make. Harry and I grow our own fruit, bake our own cakes, put up our own preserves — even make our own baskets. If you could see the care with which our gifts are put together, you'd know why the quality is guaranteed.

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Order here or send us your list

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STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date)_____ Use Card I enclose ☐ (Max 3½ x 5)

Greetings to read: _____

SHIP AS MY GIFT TO _____

STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date)_____ Use Card I enclose ☐ (Max 3½ x 5)

Greetings to read: _____

Ordered By: _____

Address _____

City _____ State _____ Zip _____

515 F

Actual size 2¾" wide



This Gold'n Jade Butterfly is almost free – It's only $1.98!

This golden-finished beauty has a "wingspread" of 2¾ inches, hand-set with a "body" of genuine Oriental Jade. Jade, the "Heavenly Stone", has long been highly prized by the Chinese as a token of good fortune and for its lustrous radiance. You'll prize it, too, for the high-fashion touch it gives to your favorite outfit. At only $1.98 (plus .35 postage for handling) you'll certainly want to order several for yourself and to give as gifts!

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Please send me_____Gold'n Jade Butterflies at $1.98 plus .35 postage and handling. I enclose $_____ check or money order.

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Satisfaction Guaranteed or Your Money Back

Name_____

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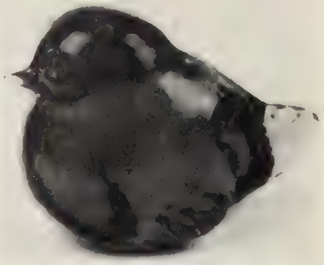
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Your bank account, home, furnitu car, jewelry can be tied up for ye in Probate Court and cost y heirs thousands of dollars. T valuable book tells you how to p tect your family and avoid prob expenses and delays. $6.95. Cro Castle Ltd., Dept. AV25, 51 Ba St., Stamford, Conn. 06901.



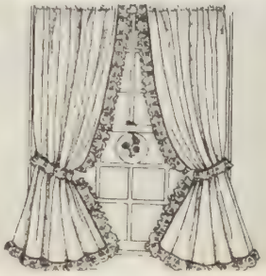
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So pretty they'll dress-up any w dow in your home. In white mu and trimmed with 2" Irish cl lace. They're 74" wide per pair lengths 45", 54", 63", $15 pair. 7 81", 90", $18 pair, plus $1.75 p age per order. Brochure is f Order from Country Curtains, B 11, Stockbridge, Mass. 01262.



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Convert your twin beds into a k size bed in seconds. Place c fortable polyurethane Spa Bed between two twin size b Fits so snugly, you'll never know there. Strong enough to support biggest man. 6'L, 14"W $5.98 + post. Holiday Gifts, Dept. 41 Wheat Ridge, Colorado 80033.



Indian & Lincoln cents

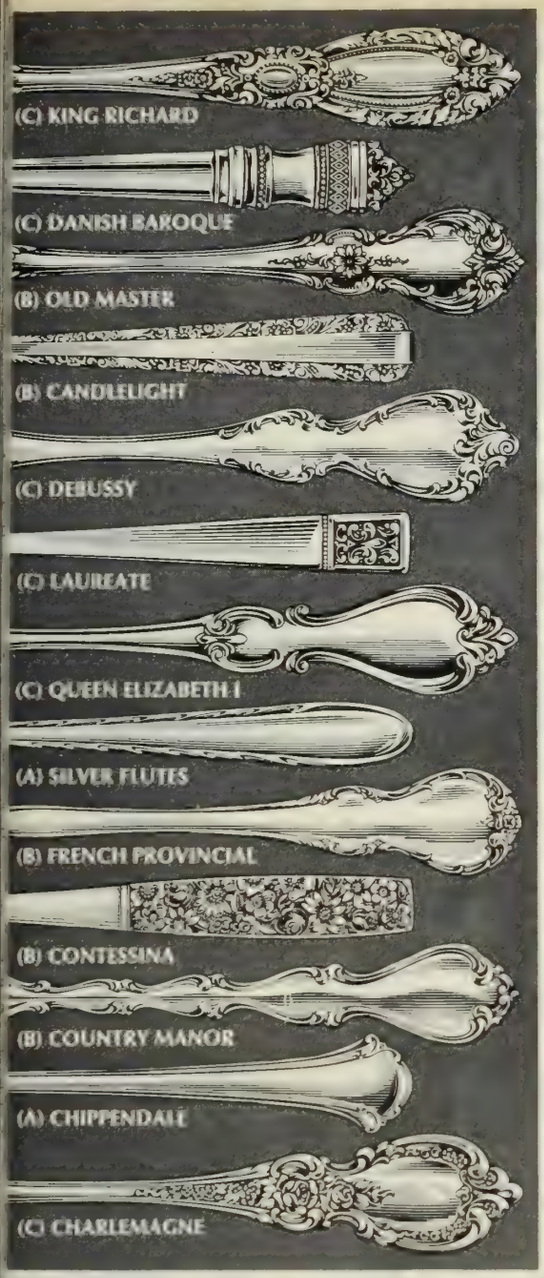
Can be yours by the pound. A tru ful of pennies from the 1880's u World War II. Valuable coins, lected "grab-bag" style make an citing find for the coin colle start for the beginner. 1 lb., sample sack of 25, $3. Add $1 p per lb. Mrs. Penny Fisher, 1778-ED, Encino, CA 91316.



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continued



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30% OFF TOWLE 32-PIECE SETS!

AND 25% OFF ALL TOWLE OPEN STOCK SILVER PIECES NOW AT JACCARD'S.



24 MONTHS TO PAY
WITHOUT ANY FINANCE CHARGE

Buy your Towle Sterling on Jaccard's Silver Club Plan with 10% down and balance in 24 equal monthly payments ($5.00 minimum). The deferred payment price is the same as cash...no finance charges are added. Sale ends December 31, 1974, so act now.



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Address: _____

City: _____ State: _____ Zip: _____

☐ Cash. Check enclosed for full amount (add sales tax as applicable).

☐ Master Charge or ☐ BankAmericard No. _____

☐ Jaccard's Silver Club Plan (complete the following only if you are using Jaccard's Silver Club Plan and enclose 10% down payment).

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Position: _____ Length of service: _____

Bank reference: _____

4 piece place setting is fork, knife, teaspoon and salad fork. 32 piece set consists of 8 four piece place settings. Partial listing shown. Complete sale price list is available upon request. If matching present silver, include tracings of knife, fork, soup spoon and butter spreader. Please add $2.50 handling/shipping charge.

Please ship the following in _____ pattern Towle:

QUANTITY/ITEM	GROUP A REG.	GROUP A SALE	GROUP B REG	GROUP B SALE	GROUP C REG.	GROUP C SALE
___32 piece set	$880	**$616**	$1001	**$702.80**	$1128	**$789.60**
___4 piece place setting	110.00	**82.50**	125.50	**94.13**	141.00	**105.75**
___Teaspoon	20.00	**15.00**	23.50	**17.63**	27.00	**20.25**
___Place fork	32.00	**24.00**	36.00	**27.00**	40.00	**30.00**
___Place knife	30.00	**22.50**	34.00	**25.50**	38.00	**28.50**
___Salad fork	28.00	**21.00**	32.00	**24.00**	36.00	**27.00**
___Place spoon	28.00	**21.00**	32.00	**24.00**	36.00	**27.00**
___Spreader, hollow handle	20.00	**15.00**	23.50	**17.63**	27.00	**20.25**
___Iced beverage spoon	25.00	**18.75**	29.00	**21.75**	33.00	**24.75**
___Cocktail fork	20.00	**15.00**	23.50	**17.63**	27.50	**20.63**
___Tablespoon, regular	53.50	**40.13**	60.00	**45.00**	66.50	**49.88**
___Tablespoon, pierced	53.50	**40.13**	60.00	**45.00**	66.50	**49.88**
___Sugar spoon	29.50	**22.13**	32.00	**24.00**	36.00	**27.00**
___Butter knife, hollow handle	25.00	**18.75**	27.50	**20.63**	30.00	**22.50**
___Cold meat fork	58.50	**43.88**	64.00	**48.00**	69.50	**52.13**
___Gravy ladle	58.50	**43.88**	64.00	**48.00**	69.50	**52.13**
___Pie/cake knife	30.00	**22.50**	35.00	**26.25**	40.00	**30.00**
___Olive/pickle fork	20.00	**15.00**	22.50	**16.88**	25.00	**18.75**
___Cream ladle	29.50	**22.13**	32.00	**24.00**	36.00	**27.00**
___Jelly server	29.50	**22.13**	32.00	**24.00**	36.00	**27.00**
___Lemon fork	18.00	**13.50**	20.00	**15.00**	22.00	**16.50**



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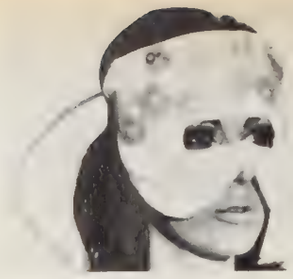
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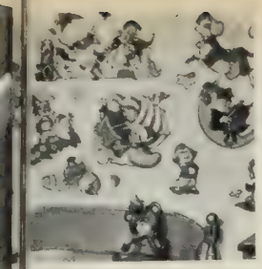
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M J P

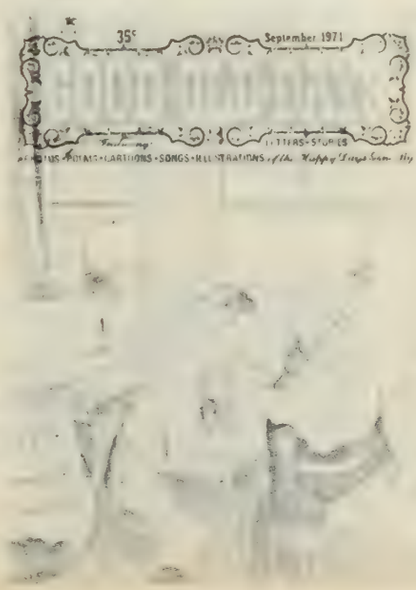
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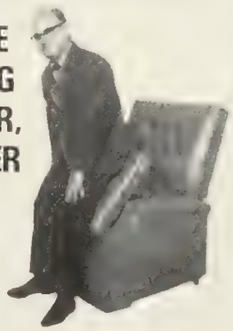
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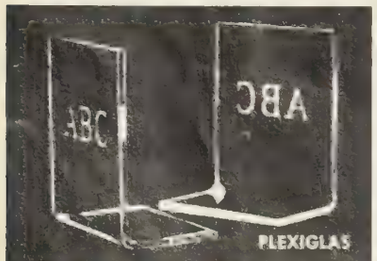
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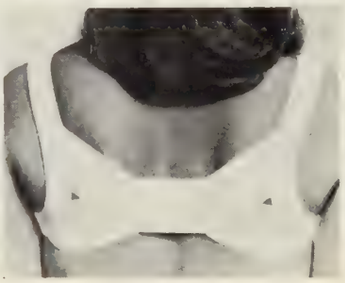
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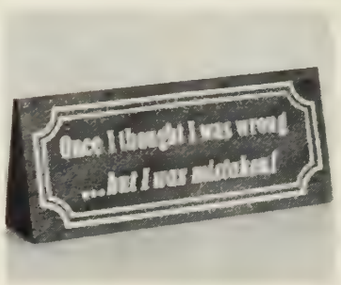
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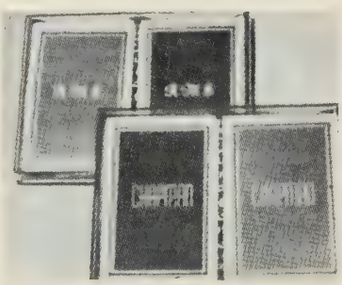
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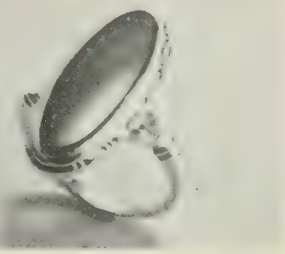
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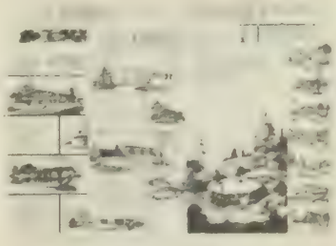
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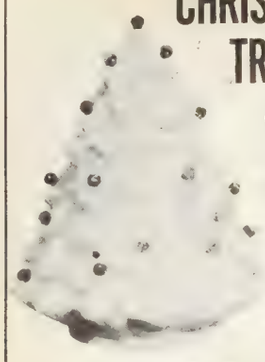
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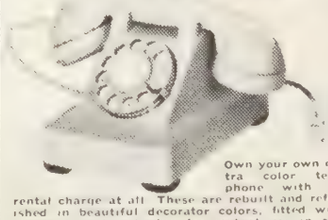
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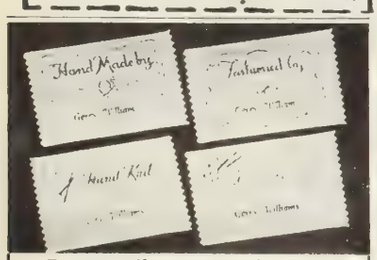


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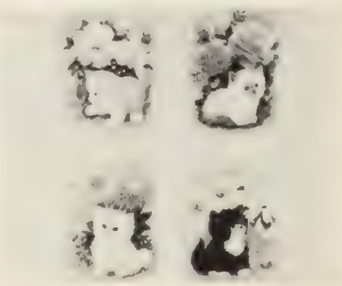
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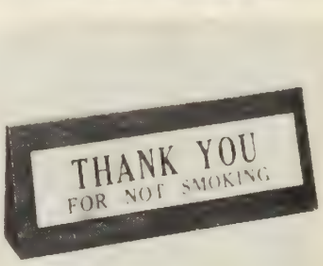
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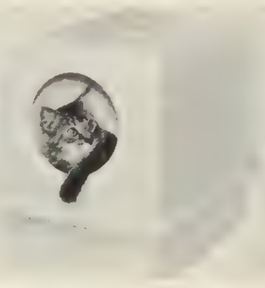
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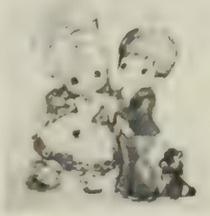
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Check ☐ Money Order enclosed for total $_____

I understand that, if not fully satisfied, I may return my empty Liquid Storm Window container for full refund of purchase price.

Name (print) _____

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City _____ State _____ Zip _____

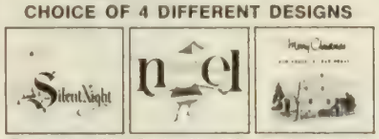
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Design No. 138 Design No. 139 Design No. 140

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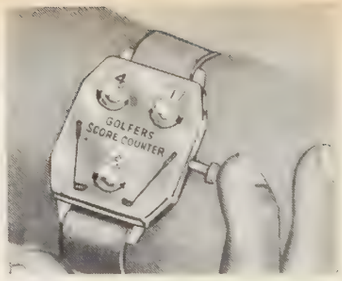
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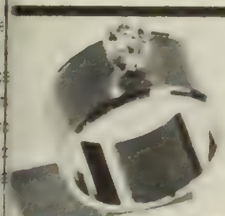
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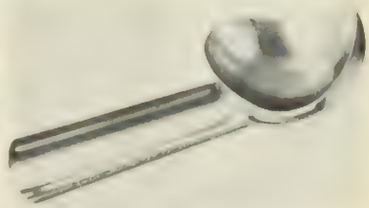
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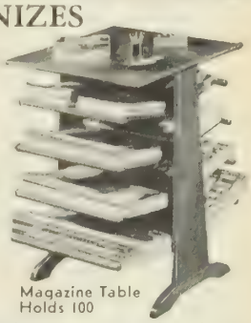
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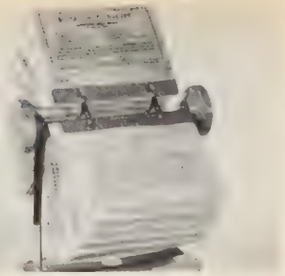


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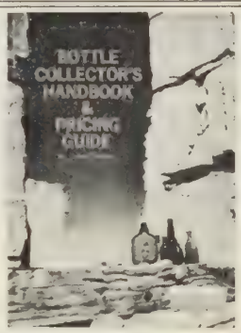
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BOTTLE COLLECTOR'S HANDBOOK

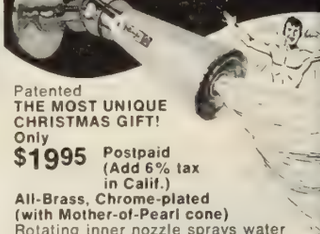


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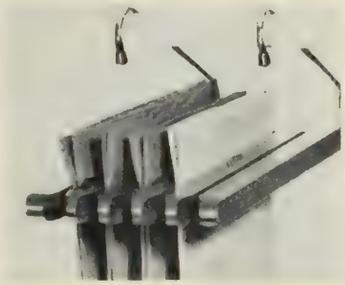
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PENNY BANK

JUST WATCH THE ELEPHANT COLLECT MONEY!

5½" High 8" Long



PLACE A COIN IN HIS TRUNK PULL HIS TAIL HE FLIPS HIS TRUNK AND TOSSES A COIN IN HIS BACK.



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Weighs Over 3 Pounds

Now Only $9.95

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actual size 2½" x 3½"

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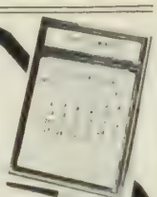
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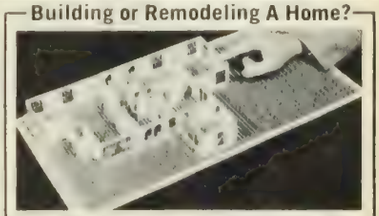
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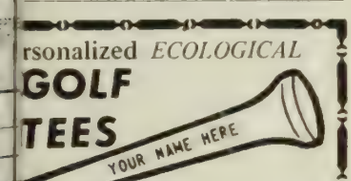
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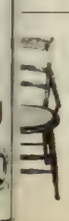


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For every home barbershop. Handy catch-all hair tray snaps on quickly. Keeps itchy hair from falling down back and on floor. You don't have to sweep floor afterwards. Just empty hair clippings in wastebasket. Soft plastic shoulder tray wipes clean easily. Keeps hair off clothing. Ideal for use when giving home permanents too. Saves clothing from spots, stains.

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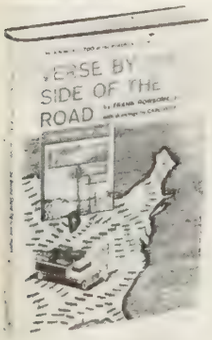
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"To love and be loved is the greatest joy on earth." This happy message with graceful symmetric bird and floral motifs is fun to work in cross-stitch embroidery. Kit includes design on cotton, embroidery thread in soft pastels, needle and directions. Finished size measures 20" x 16". **$5.95** plus 55¢ postage.

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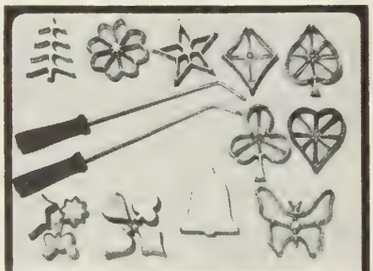
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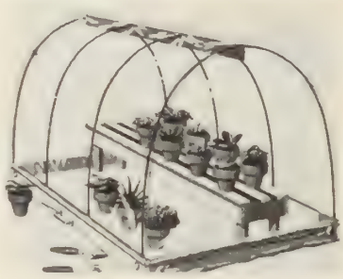
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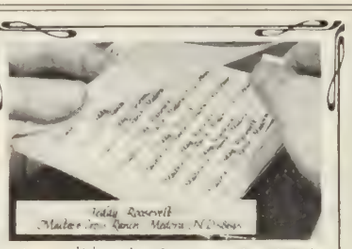
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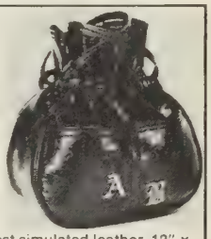
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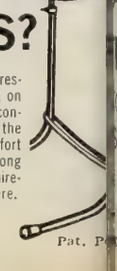


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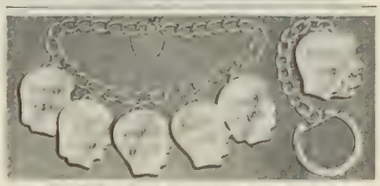
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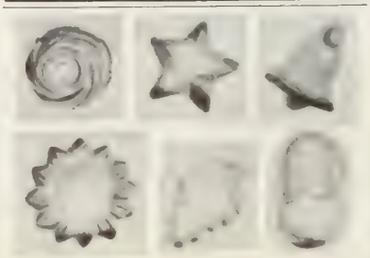


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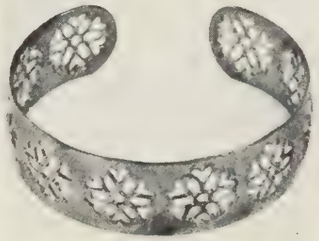


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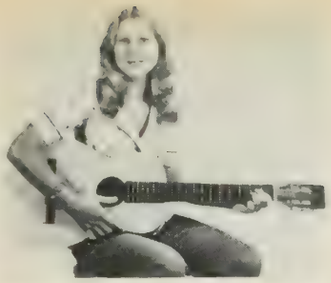
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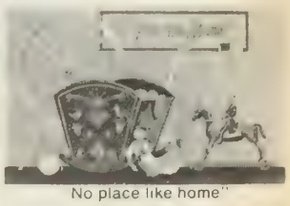
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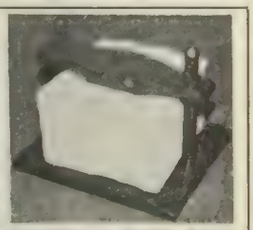
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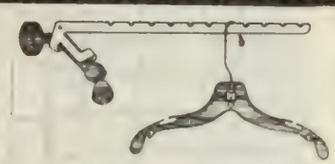
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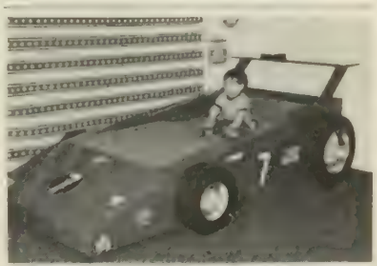
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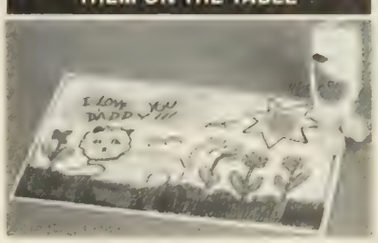
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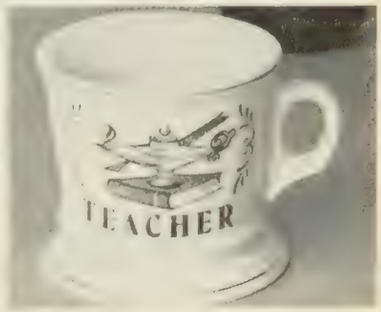
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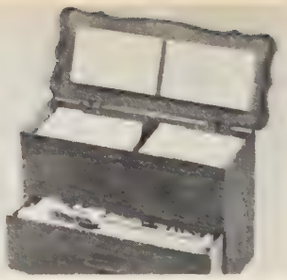


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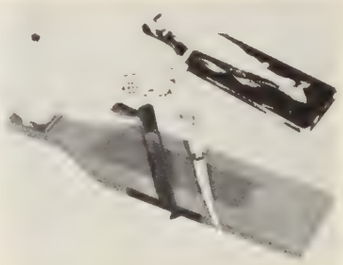
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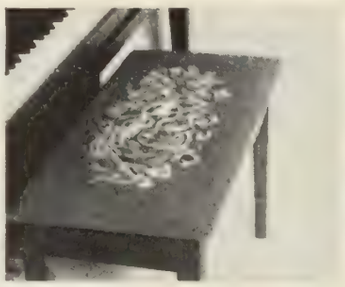
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A tough, durable wood grain styrene board with steel jaw clam to hold fish firmly. 6" x 24" wi built-in knife hone. $5.95 + $1 pos Fisherman's Combo as above board with 6" Stainless steel filleti knife and leather sheath, $11.95 $1.25 postage. J.W. Holst, Dept. B 11, 1005 E. Bay, E. Tawas, MI 4873



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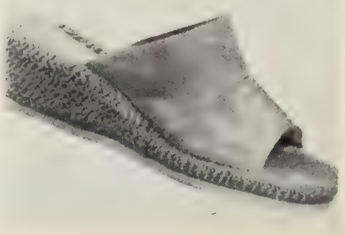
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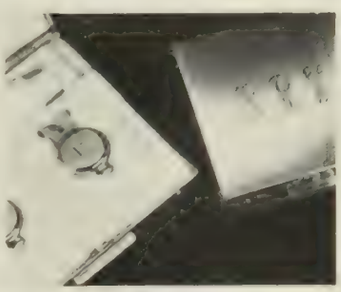
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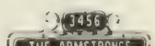
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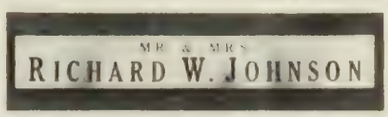


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The man next door

The golden years would be lonelier, Grandpa Hillis agrees, were it not for the comforting knowledge that somewhere there is a computerized data bank that cares a great deal about him.

Our Rosemary writes from college that her school is offering an elective course on how to be a clown. And Bill Norman maintains that his alma mater has 11 of them on the football field this season.

The Rev. George Hall declared last Sunday that, even in these days of rampant inflation, "our great national sin is still too much concern for the semi-almighty dollar."

With so many historic European structures being transplanted to American soil, Congressman Nick Hanfli believes a wise foreign policy requires that we at least guarantee our European friends suitable visitation rights.



"Give me a little warning next time and I'll set a place for your friend."

Our Judy, 11, having recently discovered that her friend's tooth fairy dispenses half dollars while Judy's leaves only quarters, claims she's seriously considering suing for back pay.

Isabel Norman confesses that she does, indeed, talk to her houseplants. "I don't know yet whether it helps them grow," she reports, "but at least they don't interrupt!"



"I'm terribly sorry but what with the church rummage sale, the P.T.A. white elephant sale, the Firemen's Flea Market, our own garage sale, the hospital auction, the children's lawn sale, the Rescue Mission, and the Salvation Army, we're pretty well cleaned out."

Burt, Jr.'s study this fall of current events in Southeast Asia has led him to conclude that a cease-fire is a condition in which people are still shooting at each other but nobody notices.

"Handwriting reveals a lot about a man's character," says pretty Elaine Cowan. "For one thing, it shows whether he's too cheap to buy a good pen."

With the oil supply still iffy, you hear a lot of talk about using the sun as an energy source. But according to Grandma Hillis, this wouldn't be fair either. "The Gulf States and California would still end up having most of it."

Arriving home from a shopping trip, Christine reported that it's getting increasingly difficult to retain our middle-class values when most of the stores are featuring upper-class prices.

One of the blessings I've enjoyed in life is reasonably good health.

Oh, I've had my share of aches and pains, common colds, sore muscles, pounding headaches, and the other little ailments that time and rest will cure.

My trips to the doctor's office for years have been nothing more than annual checkups—all with good results. I gave up smoking several years ago, my weight hasn't changed significantly, and I exercise regularly. So this year's checkup at Dr. Bob Hannelly's office promised to be of no more concern than previous exams.

But Doc Hannelly had a different appraisal. "You need to lose at least five pounds," he instructed, "and ten wouldn't hurt. And you need to exercise a great deal more."

I protested that my physical condition hadn't changed from previous years and that I had been following his past advice religiously.

"Well, we've learned a great deal more about the human body," he explained. "What we once thought were acceptable weight limits and exercise patterns are now known to be inadequate."

I grudgingly accepted the doctor's advice, doubling my exercise program and further restricting my diet.

Secretly, however, I hope that medical science doesn't discover too much more next year. There's only so much punishment that one man can take.

Burton Hillis

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The whole family's guide to saving natural gas.

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START BY TAKING A GOOD LOOK AROUND THE LIVING ROOM.

Lowering the thermostat is an important way to save gas. Are the heating outlets clear so the gas heat can circulate? If not, shift the furniture a little. When you're not using the fireplace, be sure to close the flue. You can put the sun to work for you, too. Open the drapes to let the sun shine in, close them at night to keep out cold.

IF YOU PLAN AHEAD, YOU CAN REALLY SAVE GAS IN THE KITCHEN.



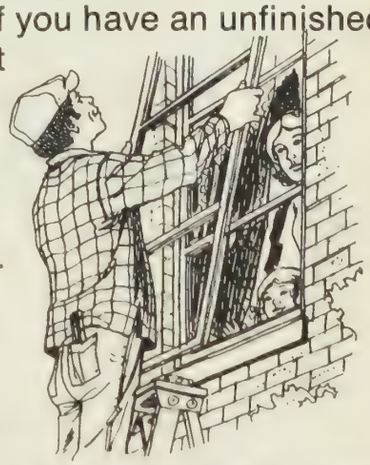
One-place cooking is a good idea. If you're doing a roast, for instance, you can bake your potatoes in the oven too, instead of cooking them on top of the range. Don't preheat your oven for any longer than you need to. When cooking vegetables, use small amounts of water and turn down the flame so they will simmer gently. Your beans and carrots aren't going to cook any faster at a galloping boil.

DON'T LET GAS ENERGY GO DOWN THE DRAIN. IT'S MUCH TOO VALUABLE.

It takes gas to heat hot water, so turn the faucets off tight. If you still have a drippy faucet, you probably need a new washer. Better get it—one small drip can add up to 3,280 gallons a year. At bath time, you can use less hot water and still have a good bath. Or if you happen to be a shower taker, maybe you can hurry things up and finish before the fifth chorus.

KEEP THE GREAT OUTDOORS OUTDOORS.

One of the most important gas-savers is a house with good insulation. If you have an unfinished attic, you can save heat by insulating it. It's a good idea to check all your door and window frames and weather-strip wherever needed. You can save a lot of heat—and gas, too—by putting up storm windows and storm doors.



GET THINGS ORGANIZED IN THE LAUNDRY.

Plan to do full loads in your washer and dryer. Your gas dryer will work more efficiently if you always clean the lint filter after every load.

IT HELPS IF YOU KNOW YOUR WAY AROUND THE FURNACE ROOM.



If you have a forced-air system, check the furnace filter about once a month. If it's dirty, replace it. You save gas when the furnace works efficiently, so call your dealer, or contractor, and have it checked at least once a year.

These may sound like small things, but if we all do them, it will add up to worthwhile savings of America's natural gas resources.

USE GAS WISELY. IT'S CLEAN ENERGY FOR TODAY AND TOMORROW. A.G.A. American Gas Association



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What's the secret? Solarian's special Mirabond® wear surface that keeps its high gloss, without waxing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines: just sponge-mop with a detergent and rinse thoroughly. Black heel marks come up easier, too.

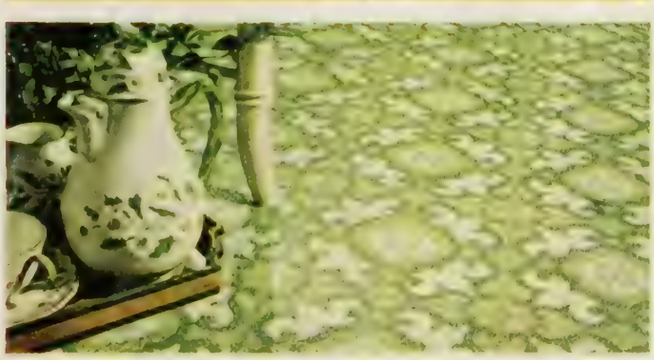
Where foot traffic is heaviest, you may eventually see a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine the way you like it.



You'll find your nearest Armstrong retailer in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center®" retailers, offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for this sign.

Shown here are just three of the many Armstrong patterns with our "shines-without-waxing" Mirabond wear surface. See them all at your retailer. Or we'll send you free color brochures. Write Armstrong, 7412 Elm St., Lancaster, Pa. 17604.





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FAMILY HEALTH Gerald M. Knox



All about itching

Nothing could be more democratic than common itching. It afflicts rich and poor alike, and doesn't discriminate as to sex, race, color, or creed.

There's barber's itch, an inflammation of the beard's follicles; farmer's itch, caused by a mite in grain; housewife's itch, triggered by alkalies in soaps or by detergents; baker's itch, caused by bleaching agents in flour, organisms in yeast, and essential oils in flavoring agents; and bricklayer's itch, set off by lime in cement.

There's camper's itch, from infrequent bathing and bath itch, from excessive soaping and soaking. Depending on where you live or the time of the year, you can take your choice of winter itch or summer itch, the first stemming from extreme dryness and the latter from extreme heat.

A violinist in a large symphony orchestra itched at every performance; the culprit, the rosin he used on his bow.

Some people have itchy feet, a problem for the dermatologist. A fungus may be the cause of the condition, or it may be a reaction to some of the chemicals used in shoe manufacture.

Wool and mohair clothes have long been known to cause itching; even essentially trouble-free natural fibers such as cotton may be subjected to processing which makes them irritating to certain individuals. Although man-made fibers in their virgin state are remarkably free from irritating and sensitizing properties, various dyes and finishes added to the fibers may cause itching. The "no-bra" look may have found some of its adherents among those who itch from contact with spandex.

Cosmetics may be culprits, too. Itchy eyelids, for example, may be caused by fingernail polish; the less sensitive skin of the hand may not be irritated, but when the fingernails contact the more sensitive skin of the eyelids, trouble may begin.

Mosquitos, gnats, chiggers, and other insects are notorious itch-producers, as are certain plants such as poison ivy and poison oak.

Itching problems can be more than skin-deep, too. The fault may lie with some internal disorder or condition. Since itching is a symptom and not in itself a disease, a doctor would consider a long list of potential causes. Among them are liver, kidney, and thyroid disease, Hodgkin's disease and other cancers, diabetes, infestation with parasites such as pinworms, drug allergies, even pregnancy. Itching could be the first sign of a disease and, at the beginning, it may be the most troublesome symptom a patient has to cope with.

There are two main types of itching. The first is distinct, sudden, and sharply localized like a pinprick; you know precisely where the itch is and how long it lasts. The second type is diffuse, an unpleasant tingling over a wide area of the skin.

The first type of itch rarely enters consciousness; usually only during forced immobility, deliberate concentration, boredom, or fatigue do we become aware of minor itches. But some itching is so intense that it disturbs well-being and may lead to damaging scratching and physical exhaustion.

Itching is triggered in the upper layers of the skin, where there are networks of overlapping and interlocking nerve fibers. Different types of fibers carry the "message" at different rates of speed. Tickle your toe with a feather and it will take only about one-thirtieth of a second for your spinal cord to get the news.

The spinal cord transmits the message to the brain, and in another tiny fraction of a second, it flashes a call for action. The action: scratching.

It's theorized that for scratching to relieve itching, roughly the same number of nerve endings must be stimulated, regardless of whether these nerve endings are close together or far apart. A scratch only one-tenth of an inch long will take care of an itch on your fingertip, where nerve endings are dense, but a scratch three inches long is required to do the job on your back, where nerve endings are sparse.

Strenuously scratching an area of normal skin is painful, but scratching an area of itchy skin with equal vigor feels good.

Itching and pain are closely related, but the common pain-

continued on page 19

Drawing: Hellman Design Assoc.

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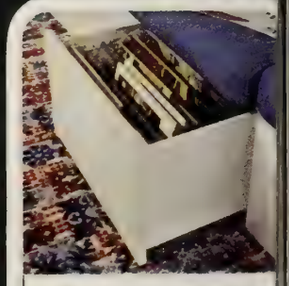
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Turn your unused garage into a "get away from it all" workroom-greenhouse! The Armstrong Interior Designers have combined practicality with style in a personal room you can do yourself . . . for yourself. A built-in banquette takes a turn around the corner for easy conversation and cozy seating space. Slide-out drawers, hidden underneath, hold sewing patterns and magazines. An empty oil drum painted a coordinating color is topped with three-quarter-inch glass for an easy-care table. Durable denim and country wicker are an unbeatable combination of warmth and good design. The unusual greenhouse window takes the place of the original garage doors, so construction work is minimal. To create your haven, start with Armstrong Carpet Tile. Our Designers chose the Harvest Spice design. Its random pattern eliminates matching problems and helps hide the seams. And it's easy to do yourself, because each carpet tile comes with an adhesive backing. Imagine your workroom with wall-to-wall carpet accented by spicy paprikas, chocolate browns, and icy blues. It's red-hot and cool!



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Sears own Petit Plume.
Damask draperies that hold their shape beautifully even after washing.

If you love the elegant look of damask draperies, but think they'd be too much trouble, Sears Petit Plume is for you.

Sears makes it easy to find the size and the color you want. We make Petit Plume in 36 window sizes and 17 luscious colors. From delicate turquoise to deep avocado gold.

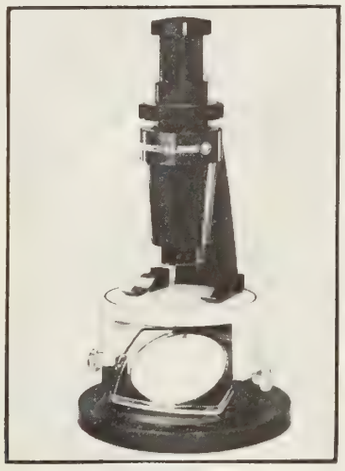
And what's even easier, Petit Plume draperies are sun-resistant Perma-Prest® damask. All you have to do is toss them in your washer and tumble them in your dryer. No ironing! Petit Plume draperies hold their size, shape and color beautifully.

Lots of new draperies are beautiful. Sears Petit Plume draperies are made to stay that way!

Sears Petit Plume at most larger Sears, Roebuck and Co. stores, and in the catalog.

Only at Sears

GOOD NEWS



A well-made microscope for aspiring elementary-school-age scientists combines two magnifications in one instrument. At 25X it's great for low power scanning; at 100X, tiny details come into full view. The spiral focusing tube has integral eyepiece and objective lenses tightly sealed against dust and moisture. There are no removable parts for a child to disassemble and lose.

Bausch and Lomb ESM 25/100 Microscope, $27.50.



A cordless electric sprayer is a gift that will get year-round use. It will mist houseplants during the dry months this winter, protect the garden from pests next spring.

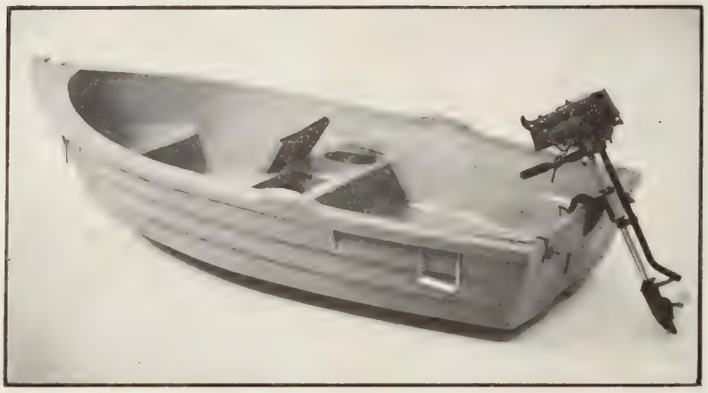
Hudson Cordless Electric Sprayer, $29.95.

You can turn your television into an electronic game center with this unique home entertainment device. The master unit actually transmits two player lights and a floating game ball over any 18- to 25-inch black and white or color set.

An action button on each control unit serves the ball, and a special "English" control puts a spin on the ball to help each player fake out his opponent.

Odyssey, complete with screen overlays, printed circuit game cards, and everything needed for 12 different electronic games $100. Magnavox, 345 Park Ave. N.Y., N.Y. 10017.

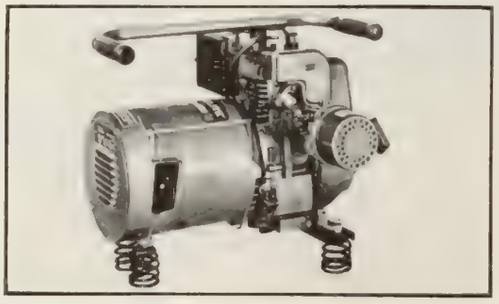
continued



A scaled-down version of the classic dory, this eight-foot fun boat will deliver years of enjoyment with virtually no upkeep.

The hull is molded from tough polyethylene plastic and has a urethane-foam flotation core sandwiched between the inner and outer hulls. You can propel the boat with your own rowing power or use an outboard motor of up to 3½ hp.

Aqua Dory, $219.95 at marine products dealers. Whitewater Marine Products, Inc., Box 355, Indianola, Iowa 50125.



Power failures pose no problems when you're protected by an auxiliary electric system. This compact gasoline-powered generator weighs just 75 pounds and produces 2,250 watts of 120-volt AC current. That's enough to light your home and keep your furnace blower going if your electricity goes off. Portable enough for year-round use, the generator is great for the handyman whose projects are beyond an extension cord's reach.

Homelite Portable Generator Model 130A22-1c, $340.





This compact outboard motor weighs just eleven pounds, but delivers 35 foot-pounds of thrust. The air-cooled engine runs without faltering from a trolling speed of 850 rpm's to a top speed of 8,500 rpm's. Best of all, it's extremely economical to operate. A gallon of fuel should last 24 hours of operating time.

Aquabug Outboard Motor $150. Aquabug International, Inc., Box 61, Lawrence, New York 11559.



This movie projector, with its wood-grain trim and tinted dust cover, blends right in with your home entertainment equipment. The film take-up reel is within the unit.

Kodak Moviedeck Projectors from $100 to $225.



"Westinghouse packed a 'free Tide' coupon in my new washer. But that's not why I use Tide.

Suzanne and Jason are.

I think that free Tide coupon is a good reason for a woman to try Tide. But the reason I've always used Tide is my kids. They're always in the dirt. Jason, for instance, loves to hunt bugs. And Suzanne falls in the dirt practicing for running races. But Tide gets their clothes clean. I'm really satisfied with it."

Mrs. Betty Jane Jaeger, Pennsville, N.J.

The Westinghouse Heavy Duty 18 washer has a Weigh-To-Save™ lid so you can use the right amount of detergent and water for your washload. Other features include 18-pound capacity, a special cycle for knits, a hand wash agitator, and settings for permanent press.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

The makers of 18 washers pack Tide coupons in every top-loading automatic.

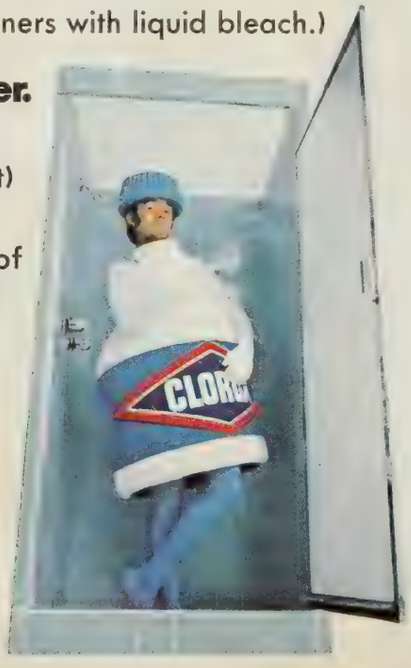


Clorox: toilet bowls cleaned in a flush!

Clorox does more than get your toilet bowl sparkling clean. Clorox liquid bleach® is also one of the most powerful household disinfectants you can buy. Kills odors, too. What's more, Clorox is a lot cheaper to use than leading disinfectant toilet bowl cleaners. Just pour in ½ cup Clorox, swish around, let stand 10 minutes, flush and it's fresh. (Don't use toilet bowl cleaners with liquid bleach.)

Beautify your shower.

Here's how to get tile (including that pesky grout) bright and clean. Simply wipe surface with solution of ¾ cup Clorox to gallon of water. Rinse and that's it.



Clorox. It does more than the wash. (See label for other uses.)

©1974 The Clorox Company.

GOOD NEWS



You can beat the winter blahs beautifully with one of these lap c kits. Each comes complete with material to finish a specific pro plus instruction books that will help you parlay the craft techni into a full-time hobby.

Available kits include: Bargello, the art of Florentine needlepo Open Work Embroidery; and Tablet Weaving.

Skil-Craft Kits, about $13.



Batik, the ancient craft of hot wax printing, can be done in three simple steps using this kit. Since refills are available, you can continue batiking long after completing the original kit project.

Crayola Craft Batik Kit, $10.



Mickey's up to new tricks in t slick bean bag chairs. The made of wet-look vinyl and in 80- and 90-inch sizes.

Mickey Mouse Bean Chairs, $29.95 and $32.95. cock Phillips, Richmond,



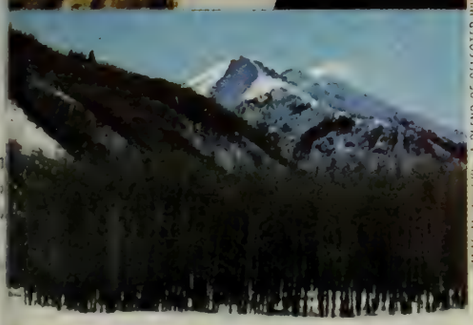
Clean up kitchen clutter with this sleek set of plastic storage bins. bright white units with smoke-colored transparent drawers ca used individually, stacked on your counter top, hung on a wall, o pended from cabinet bottoms.

Texstar Storage Bins, from $9 to $14.

continued

HO, HO, HO...Only V.O. is V.O.













This Holiday give
Seagram's V.O. The Gift Canadian



-CANADIAN WHISKY—A BLEND OF SELECTED WHISKIES 6 YEARS OLD 86.8 PROOF SEAGRAM DISTILLERS CO., N.Y.C.

Spirited Egg Nog. Nice and Easy.

Here's a nice-and-easy way to delight friends and relatives with delicious eggnog.

Just chill one quart can of Borden Egg Nog. Stir in 12 oz. Bacardi dark rum. Sprinkle with nutmeg or cinnamon and serve. Makes eleven 4-oz. servings.

Easy, isn't it? And it tastes like holiday eggnog should taste.

That's because Borden Egg Nog is rich, creamy and pure. And Bacardi dark rum is smooth, dry and mellow. So together they create a taste that's just great.

Keep them both on hand and you'll always be ready with something special for any occasion.

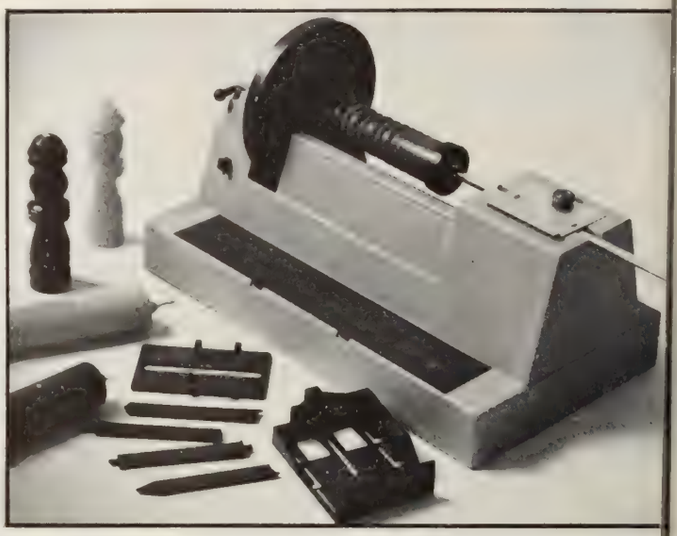
'Tis another reason to be jolly.



BACARDI rum and Borden Egg Nog.

©1972 BACARDI IMPORTS, INC., MIAMI, FLA. RUM 80 PROOF
"BACARDI" AND THE BAT DEVICE ARE REGISTERED TRADEMARKS OF BACARDI & COMPANY LIMITED

GOOD NEWS



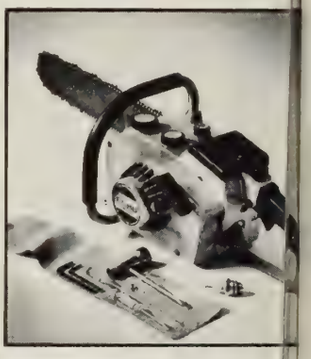
You can turn your own spindle-shaped candles on a tabletop with compact, battery-operated candle-lathe. Working with inexpen candle blanks, you can shape candles up to six inches long an shape used stubs, too. Then, use the candles as they come off the l or drip colored wax from other candles on them to create your decorative patterns.

Gilbert Candle Workshop, under $18.



Hanging a heavy picture (or stuffed Christmas stockings) is easier with this tiny tool. The powerful little magnet pivots under the bubble to help locate studs under wall surfaces so your nail gets a strong hold.

Stanley Stud Finder, 95¢.



This compact chain saw has a big-saw features. The auto oiler adjusts to match the load and a throttle lock n the trigger makes cold-w starting a snap.

Echo Chain Saw, co with tool kit, from $129.95



These beautifully balanced golf clubs have extra weight inserte the club head to give the irons an extremely low center of gra This means the club head is less likely to turn on impact with t —the factor that causes a hook or slice.

Shamrock Golf Clubs, irons, $315; four woods, $180.

Give a Kodak pocket Instamatic® camera from less than $23



Kodak's made gift-giving a whole lot easier this year. With 6 different Pocket cameras. They come with a variety of features and prices, but they all take big, colorful 3½" x 4½" snapshots. So, you can treat just about everyone on your gift list to any one of our easy-to-use, easy-to-carry Kodak pocket Instamatic cameras. At your photo dealer's. Price is subject to change without notice.

Kodak gifts. For your family tree.



How to care for artwork

Art has two basic values—its appeal to you, and its actual or potential market value. Both are valid reasons for giving your artwork the best possible protection. If you take the time to pamper your artwork with museum-like care, you can slow up deterioration, and completely prevent certain kinds of damage. Here are some home-care hints gleaned from museum practices.

Matting and framing

Inferior materials used in a mat or frame can gradually stain or mar a painting or print. The best way to avoid this problem is to take your unframed artwork to a well-known art shop or craftsman. Local museums may be able to give you the names of shops or individuals who do quality work.

Be sure that whoever does your matting and framing does not trim the margins of a good print. Also, never be persuaded to have a print or other work of art "dry mounted," as photographs sometimes are. Materials used have a chemical reaction on paper. Valuable prints are practically worthless after dry mounting.

Coverings

Most prints are protected by a glass cover, but oil paintings are not. For aesthetic reasons, avoid using non-reflective glass over pictures. It contains distortions and has a slightly cloudy look. (You can control the reflection problem through proper lighting.) Plain glass is good, as is sheet acrylic. The latter is unbreakable and is available with invisible additives that filter out ultraviolet rays. Sheet acrylic doesn't collect moisture as easily as glass does, but it does have static electricity which will collect dust. You can avoid this problem by coating the acrylic with an antistatic covering. Acrylic scratches easily, but you can smooth out the scratches with special abrasives. Glass is preferable to acrylic for heavily embossed etchings, and silkscreen prints.

Atmospheric conditions

Although you can't expect to maintain museum-pure air, you can control certain factors. The most common problem affecting artwork is excess moisture. It can damage the supporting material —whether it's canvas, wood, or paper. Moisture causes paint to crack and peel, and the background to wrinkle or shrink. It also encourages mold formations.

Mold works on invisible iron salts present in most papers, and attacks the sizing and paper fibers. On paper artwork mold shows up as brown spots or "foxing." Prints placed up against glass, without a separation mat, often pick up moisture from the glass and start to mold.

To kill mold spores, separate all parts of the artwork and place them in strong sunlight for an hour. Examine them and then give them a second treatment if necessary. An art restorer can remove the brown spots.

Keep humidity well within normal range, usually 45 to 60 percent, with a humidifier and/or dehumidifier. If you close up your home for a long time, have someone occasionally air it out.

If you live in a heavily polluted area, protect paintings by closing windows and using an air conditioner to protect paintings from damaging sulfur dioxide gas. Ordinary heating dirt from a furnace is best eliminated by equipping it with an electronic filter.

Always hang paintings and prints away from heat registers or air ducts, and try to avoid cold outside walls. A picture placed over a fireplace may be aesthetically pleasing, but the soot and heat can be destructive.

Avoid placing artwork where sunlight hits it. Sunlight can penetrate the varnish on an oil painting. Even reflected light can damage pastels and watercolors. Ultraviolet rays from fluorescent lights are hard on artwork unless you install special filters on the lights.

If you need to store artwork, choose the place carefully. Arid attics and damp basements are out of the question. Instead, choose a place where air circulation is good, and never stack paintings on the floor.

Unframed pictures

Pick up any unframed art with surgically clean hands. An inadvertent smudge can be difficult to remove. When lifting unframed pictures, use both hands to avoid tearing, and be sure nothing rubs across the surface. Store pictures in acid-free envelopes or folders. You can make your own by folding a 32-inch by 40-inch two-ply museum board in half, then taping the left edge with linen tape.

Cleaning

It's a good idea to dust oil paintings every few months with a clean, soft raccoon or badger brush. Don't use cotton balls or a cloth. You can clean picture glass with a cloth dampened with window cleaner, but *don't* spray directly on the glass! Droplets might run down and get into the picture itself. On acrylic covers, use a cloth dampened slightly with mild detergent and water.

Insects

Certain insects appreciate art. Silverfish, termites, cockroaches, and woodworms are particularly fond of paste, glue sizing, and wood pulp paper. Inspect frame backs occasionally for insect damage, even if you don't think any critters are in the house. If insects are a general problem, and it's necessary to call a commercial exterminator, ask him to use insecticides that will not stain paper, and call his attention to valuable art.

So far, we've been talking about the general care of paintings and prints. Here are some specifics.

Watercolors

Preserve watercolors with glass covers, but do not varnish or spray-coat the paintings. Watercolors are especially vulnerable to light and sunshine, water spots and moisture condensation. Should your watercolor become soiled or damaged, take it to a restorer rather than trying to remedy the problem yourself.

Pastels

Keep these chalk works under glass, separated by a mat or strip. Do *not* use acrylic, as its static electricity may literally "pick up" your picture. Remember to handle pastels gently—a heavy jar or slam can shock the chalky color right off their background. Obviously, pastels are poor travelers. Since pastels are tricky to clean, leave this task to an expert.

Oil paintings

Oils may be on a canvas background or on wood. If the painting is on wood, be extremely cautious about making any atmospheric changes because wood can expand and contract. Here again, it's best to leave cleaning and restoring to an expert.

Prints

Fine prints are popular because they offer a relatively inexpensive way to own original art. The paper background, however, makes them vulnerable to mishandling. Sunlight and fluorescent lights can be harmful to prints. Fine ones should be rotated and given a dark period for several months of the year.

Restoration tips

Good restorers, sometimes called "conservators," can work miracles in repairing damaged and deteriorated art. They can remove brown spots or foxing, clean watercolors and prints, repair cracks and checks (which may be only in the varnish of an oil painting), and prevent further cracking. They can also disguise tears and actual damage.

It may take some sleuthing to find a good restorer. A museum, college, or university art department should be able to recommend one. If your art is truly valuable, seek recommendations from several sources before making a decision. ■

Drawing: Hellman Design Assoc.

Good-bye junk snacks. Hello Quaker Natural.

Of all the snacks children love, one is now a natural cereal. No artificial colors, flavors, or preservatives. Just a mixture of nine* fresh fruits, nuts and grains sweetened with honey and brown sugar and toasted in a warm, Quaker oven. The No. 1 natural cereal.



*Also available without raisins and dates.

"Most children take to farming naturally."

Fred Ertl, Jr.
President



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Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 85 for this shopping information.



Win money for your recipes

Summer Fresh Fruit Pies—Fresh Green Vegetables

How do you turn those succulent summer fruits into lusci fresh fruit pies? We're also interested in knowing what you with the green vegetables grown in your garden. Send your re today for either or both categories and you could be a prizewi next July. Two Cooks-of-the-Month receive $50 each. Four R ners-up receive $25 each and 12 Honor Roll winners get each. The selected winning recipes will be pictured on the P Tested Recipes pages next July. All 18 winners receive a fra Better Homes and Gardens Certificate of Endorsement and copies of the endorsed recipe.

Hints to Help You

Summer fruit pies can come out of the oven or the refrigerator. Do you serve an orange liqueur glaze over strawberries, combine several fruits in chiffon pie, or accent peaches with a macadamia nut crust? Perhaps you add sour cream to a berry pie. Hints:

chocolate-covered cherry tarts
cinnamon gooseberry pie
cantaloupe fluff pie
rhubarb parfait pie
frozen triple berry pie

Fresh green vegetables migh accented with herbs or a cre sour cream or mushroom s All kinds of cheeses, inclu blue, are good friends of tables. Maybe you turn fresh pods into an Oriental ban Suggestions:

broccoli in blankets
zucchini-bean casserole
dilly spinach show-off
hash-stuffed peppers
tangy peas in tomato cups

THIS MONTH'S WINNERS

(See recipes on pages 81 and 82.)

Cooks-of-the-Month

Mrs. Robert Berk, Wheeling, Ill.
Shanna Breen, Detroit, Mich.

Runners-up

Sue Heinonen, Willimantic, Conn.
Mrs. Donald A. Munson, Frederick, Md.
Mrs. P. G. Rehkamp, Marshall, Minn.
Loan E. Tjioe, New York, N.Y.

Honor Roll

Mrs. Donald W. Dyal, Arroyo Grande, Calif.
Pamela Gibbs, York, Penn.
Kitten Hannabass, Kingsport, Tenn.
Mrs. Donna Knipschild, Tujunga, Calif.
Mrs. D. R. Lewis, La Mesa, Calif.
Paula Oliphant, Cedar Rapids, Iowa
Mrs. Jay Prater, Townville, S.C.
Jacqueline Ramsey, Memphis, Tenn.
Mrs. William H. Ross Huntsville, Ala.
Darlene Sebelius, Chicago, Ill.
Mrs. Maurice Singer, New Orleans, La.
Mrs. Gordon D. Swaffield, Wolfeboro, N.H.

CONTEST RULES

1. Write or type your recipe clearly on one side of the paper an it "July Summer Fruit Pies" or "July Fresh Green Vegetables." wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of pap
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products as ingredients so we can test your recipe with the same bran
5. Include 50 to 100 words about the origin of the recipe you sub
6. Recipes submitted become property of Meredith Corporatio
7. Entries must be postmarked by midnight, December 31. In where duplicate recipes are submitted, the one with the earlie mark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7412 Test Kitchen, Better and Gardens, Des Moines, Iowa 50336.

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Rush my free copy of your full color catalog – Roses '75.

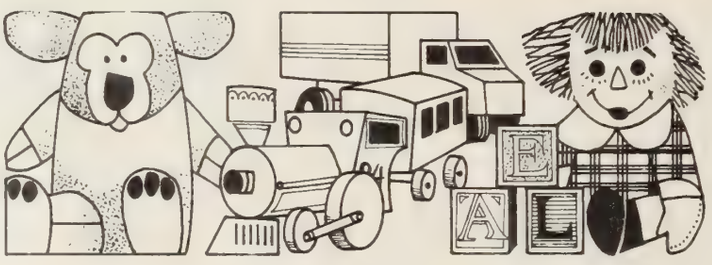
Print Name _____

Address _____

City _____ State _____ Zip _____



How to choose safe toys



As any grandparent, parent, aunt, or uncle can vouch for, buying holiday toys is hard work. The recipient, of course, asks only that the toy he gets is fun to play with, but the donor has to make sure it's also well-made, durable, and—most important—safe. To be on the safe side, check these guidelines before you go shopping for your favorite youngster.

- Does the toy have any sharp points?
- Does it have rough edges or unfinished surfaces?
- Does it have glass or plastic parts that can be easily broken?
- Does it have any small parts that a child might break off and swallow?
- Is the construction of top quality?
- Are dangerous spikes or pins used to attach eyes, ears, etc., to a stuffed toy?
- Does the toy have any springs or moving parts that could catch a child's hair or fingers?
- If the toy is electric, does it bear the Underwriters Laboratories, Inc. label?
- Does the toy contain any dangerous substances?

For children under one year of age

- Choose toys that are durable, washable, smooth, nontoxic, and unbreakable. Vivid mobiles, toys that make noise, and solidly constructed animals or dolls are good for infants.

For children one to two years of age

- Choose toys suitable for the child's motor skills—building blocks, building-type puzzles, push and pull toys, chunky crayons and heavy paper.

For children two to three years of age

- Choose sturdy rocking horses or wheeled go-carts, tricycles, or wagons. If the child is closer to three, he'll like creating with modeling clay or finger paints. Rubber toys for the bathtub will make a big hit.

For children three to four years of age

- At this age, children like to imitate parents and older brothers and sisters. You can abet the make-believe by giving your youngsters dolls, tea sets, small brooms, shovels, carpet sweepers, or trucks. Crayons and coloring books are also welcome.

For children four to six years of age

- A child in this age group has probably been to school—either a day-care center, nursery school, or kindergarten. He will enjoy a blackboard with chalk, a small table and chair, a beginning paint set and colored construction paper and a pair of blunt scissors, puppets, a cowboy suit or uniform.

For children six to eight years of age

- Active children will appreciate indoor or outdoor sporting equipment. Choose a sturdy saucer or sled for snowy slopes, ice skates, roller skates, or junior-size skis. For indoor fun, you might give large-piece puzzles, easy-to-understand games, hammers, or juvenile handyman kits.

For children over eight years of age

- A child in this age group usually has definite tastes so try to discover his particular interests before you shop for him. Would he prefer a stamp collecting kit, a small tool chest, or an electric train? If you give him a bicycle, teach him to ride safely. Start him out with training wheels, then guide him along safe streets when he first begins to use the bike without the supporting wheels. Be sure to teach him bicycle safety rules before he solos.

on page 4

about
ing

rs—such as aspirin—do ontrol itching very well. ent primarily consists of the cause of the itching moving it.

tors distinguish between skin (a mosquito bite or for example) and itchy skin ea around the bite or hives es not itch spontaneously n be stimulated by a light which has little effect on e or hives). It's been found ratching the area around a ito bite gives almost as elief as scratching over the elf, without the possibility ction.

ther suggested remedy is gentle but firm stroking of ing area with the palm of nd, or lighter stroking with e, medium-bristled hair—in one direction only. accessible itches, such as a cast, a folded wire coat may be used.

also might be able to re- tching by lowering room ature, raising humidity, or g loose-fitting, smooth g—no tight woolen sweat- example.

mercially available lo- uch as calamine (with phe- menthol sometimes add- ay have a soothing effect. s and ointments also may ful, particularly if the skin

lication of a cloth soaked water (120-130 degrees) elieve itching for several A cautionary note—water mperature is too hot for or showers.) Curiously, in cold water or ice wa- may provide relief.

tors generally avoid using anesthetics because they sitize the patient; applying amines to the skin is l for the same reason.

e problem is severe enough ant medical attention (and sician is able to determine se of the itching), a wide of prescription drugs may d into use. Psychotherapy nosis also may be of value ing some types of itching. act, there's little question me forms of itching have te psychological cause. In Alabama, one May morn- 05 children at the Berry tary School began to suf- tely from itching. Three s also were stricken. All r, 70 persons were exam- a hospital emergency Most of the victims experi- headache, shortness of breath, and reddening of the skin.

A public health officer investigated the incident, checking the cafeteria food, water, use of chemicals and insecticides in the area and other possible causes. He then made his diagnosis: mass hysteria. The itching which had afflicted one-third of the school's population appeared to have been a psychosomatic illness, starting with one or more persons and spreading throughout the school. ■

Lynne Lamberg



Is there a cure for tailgating?



Rear-end collisions rank high in the accident toll on city streets and expressways. And tailgating, or following too close, is the deadly driving error most often responsible. According to driving instructors and other safety educators, drivers should maintain at least one vehicle length behind the car ahead for every ten miles per hour of speed. Most drivers, even if they don't know the proper following distance, recognize the danger of following too close—yet tailgating is a common practice.

Why does a driver fail to keep a safe distance between his car and the one ahead? According to traffic safety experts who have studied this problem, there are many possible reasons. Their findings, though inconclusive, provide unique insight into driving behavior. Here are some findings:

Attempting to pass. Drivers, it seems, have lost the ability to use the horn to communicate, such as softly signaling the driver ahead of their intent to pass. But also, the sound of another's horn is barely audible in today's car because of the higher road noise level of freeway speeds. Closed car windows contribute to the driver's sound insulation, and playing the radio or stereo system blocks outside noises, completing the isolation. *As a result, many drivers express their desire to pass by approaching the leading vehicle very closely, as if to say "pull over and make way."*

Truck/space syndrome. Some researchers have found that many truck drivers have been taught to keep very close to the truck ahead when maneuvering in tight city traffic in order to take up as little space as possible. This practice also keeps passenger vehicles out of the way—avoiding unnecessary gear shifting in the traffic flow. *As a result, some truck drivers are accustomed to being quite close to the vehicle ahead, and many of them carry this habit onto the highway.*

Excitement stimulator. In a state highway patrol spot survey, a number of expressway drivers who had been following closely at 70 mph were asked why they were tailgating. They responded that tailgating required their complete attention and forced them to remain alert and awake! *In this case, driving had become a bore, and the drivers were intentionally trying to put some interest back into the task.*

The buddy system. Some drivers will tailgate the vehicle ahead because they are traveling together in caravan. *This tactic prevents other motorists from coming between them and disturbing their sight contact with one another.*

Slow drivers. When a fast-moving vehicle comes up rapidly behind one that is traveling at a much lower speed, the approaching driver may dangerously narrow the gap between cars. *The maneuver is intended to communicate to the driver in front that he is going too slow to suit the other driver. If in fact the lead car is traveling slower than the posted speed, the tailgater may become even more annoying.*

Thrill-seeking. Young drivers, in particular, have been observed handling their cars so that they almost touch the car ahead. In its ultimate form the rear car nudges the lead car, forcing it to speed up. *The danger of the act is fully realized by the driver—tailgating serves as a Russian-roulette form of one-upmanship.*

Inattention. Undoubtedly there are many times when a driver simply does not realize just how close he is to the car ahead. *Talking with passengers, listening to the radio, or daydreaming is usually to blame.*

Habit. How an individual has become accustomed to driving over the years often dictates the distance he will maintain between vehicles. *Some drivers habitually maintain a great distance between themselves and the car ahead so they'll have plenty of reaction time and a more relaxed driving experience. Others may drive very close to the car ahead and actually feel uncomfortable if there is much space between.*

Haste. A motorist in a hurry will invariably follow another car closely, *believing that he is thus arriving at his destination much quicker than if he lingered farther back.*

Overconfidence. A few drivers apparently believe that due to their superior driving skill and/or quick reactions they can tailgate in safety. *No one, though, can accurately outguess the driver in front and avoid any possible consequences of his unpredictable behavior while traveling faster than ten miles per hour.*

Self-defense. Drivers often say "If I keep back a reasonable distance someone will cut in ahead and I'll have to drop back farther." *They protect their position in line through deliberate tailgating, and ignore what they know to be safe driving behavior.*

Inverse tailgating. What often appears to be tailgating isn't at all. *The lead car may have deliberately slowed to let the rear car pass, or unexpectedly slowed, narrowing the distance between cars before the driver behind can react.*

As an experienced driver, you could undoubtedly add to the above examples. These tailgating instances, though, can be divided into two general categories of human behavior—nonverbal communication and psychological motivation.

As noted earlier, a motorist who became upset with another driver used to communicate his displeasure by a sustained blast on the car horn—unnerving, but effective. Modern soundproof (or nearly so) automobiles and the growing desire for a quieter environment have helped make this form of communication obsolete. Tailgating, the studies found, is replacing horn blowing as the customary nonverbal means of communicating with another driver.

Psychological motivation is a relatively unexplored area of driver behavior, covering those situations where tailgating is practiced for a psychological reason. According to available research, some behavioral traits such as extreme aggression or egoism may encourage tailgating.

Is there a solution for tailgating?

To reverse the tailgating trend, other ways must be found for a driver to express himself. Many imported cars are now equipped with a fingertip control for flashing the headlights—an excellent way to signal the driver ahead that he is about to be passed or simply to gain his attention. However, the horn is still the most widely available communicative device, even though its use can be irritating. One possible answer is a "town and country" horn; a dual-tone horn with a lower pitch for city driving and a higher one for highway use. Safety engineers may develop more unobtrusive ways for drivers to communicate, thus discouraging tailgating, but development still appears to be a long way off.

Solving the psychological problem is more difficult. Motorists must first recognize that following too close is a very dangerous practice, then try to amend their

continued

Drawing: Hellman Design Associates

Your Virginia ham's so tempting. Should the glasses be spotty?

Get the Cascade look... virtually spotless.

Look—even clean water lets spots form.

Your guests really go for that ham! But how appetizing are spotty glasses? They're not. So who needs spots, now or anytime?

The spotty glass shows how plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot... gives your guests glasses with the Cascade look!



Cascade fights drops that spot.

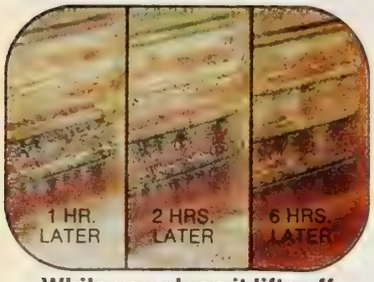
But Cascade in your dishwasher gets dishes virtually spotless.



MR. MUSCLE™ WORKS WHILE YOU SLEEP.



Just spray it on.



While you sleep it lifts off the baked-on grease and grime.



Next morning, just wipe it clean.

Introducing Mr. Muscle.
The unique new overnight oven cleaner.
It self-scours while you sleep.

Mr. Muscle is a completely new and different oven cleaner...specially formulated to work the easy, overnight way. It's easy because Mr. Muscle does the dirty work for you while you sleep.

(And it doesn't have all the irritating caustic fumes you get with most other oven cleaners.)

Before you go to bed, just spray Mr. Muscle into a cold oven. Its unique self-scouring foam works all night—not only to penetrate through, but to actually lift off and absorb the baked-on grease and grime.

So, in the morning, you just wipe out the dirty foam for a sparkling clean oven.



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continued

Is there a cu for tailgating

driving habits as well as their emotions. Young taught how to drive in driv cation courses rather tha parent or friend, should b able to control those pers traits that could influenc driving.

Bumper stickers and ot genious methods of comm tion have been used by dri discourage tailgating. Wha happens, though, is that th and gimmicks serve to tri semi-violent response fro offending party. Also, by ing the other driver's cu bumper stickers can then encourage tailgating!

Law enforcement ag have an important part to controlling tailgating. In jurisdictions, however, tail is viewed as a somewhat in violation of the rules of the And strict enforcement is cult. State motor vehicle d ments can help by writing s regulations on distances be cars. Uniform enforcement then be possible. If it were to everyone that tailgating only dangerous but a distinc lation of the law, habitual o ers could be more easily s and dealt with, and the pr would ultimately lose popu and disappear.

How to handle a tailgater

You're off on a driving trip the family, enjoying the cou side as you cruise at posted s but the car behind you s glued to your rear bumper. begin to tense, knowing th you have to stop sudden won't be able to avoid a colli What do you do in such a tion? Professional driving ins tors advise you to encourag driver behind you to pass tapping the brakes lightly to him to the danger, or by slo slightly and moving a little t right to signal him to go b these maneuvers fail, try to re the safe distance between you the other vehicle by attempti move ahead if it is safe to d and does not violate the s limit. Should all attempts to s your tailgater abort, wait f place to pull over, then stop he has passed by.

Avoid *being* a tailgater by tinually monitoring and ad ing the distance between you the car ahead.

—Written with the a ance of Donald J. P P.E., C.S.P., a safety neer with a national

Gifts for sports-fans, good-neighbors, wildlife-lovers, U.S. patriots, European Art-connoisseurs and space-nuts.



Our Starter Stamp Kits. Just $2 each.

Somewhere on your Christmas list is a sports fan or two. Next to their names write down Post Office Sports Stamp Kit. This kit has all the fun that's right up a sports-fan's alley: stamps on every sport from fencing to gymnastics to volleyball.

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Finally, come the space-nuts. The Post Office's Space Stamp Kit will put them in orbit. With stamps on everything from a satellite to a man on the moon.

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You've got it made with TABASCO Bloody Mary Mix

Serve your guests the Classic Bloody Mary. Rich and right every time in this exciting new can.

Football Party Cups

25—10 oz. special Bloody Mary plastic cups. Send $1.75 to: McIlhenny Company, Dept. BFC, Avery Island, Louisiana 70513. Allow three weeks for delivery.

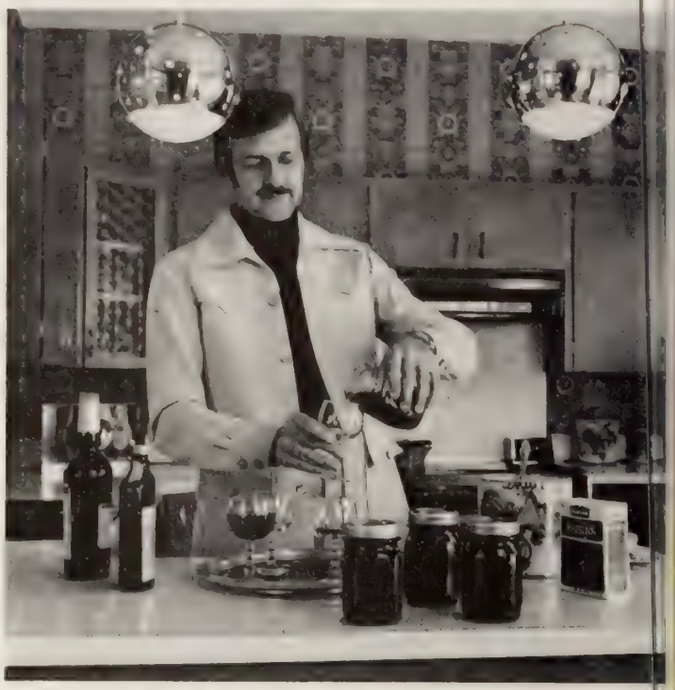
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Boerenjongens Cocktail

When Don Veele of Holland, Michigan, wrote us about Boerenjongens (pronounced Boer-en-young-us), his favorite holiday cocktail, he urged us not to let the name scare us away from trying it. We didn't and we hope you won't either.

Family and friends look forward to this liqueur-like cocktail when they visit Don and his wife, Marlene. "It's a great conversation piece," Don says, "because of its unusual name [it simply means brandy with raisins] and interesting appearance." In addition to the liquid refreshment, there are plumped raisins in the bottom of each glass. You sip the cocktail and eat the raisins with a decorative pick. Don often garnishes each serving by resting a lemon slice on the rim of the glass, too.

Since Boerenjongens Cocktail improves with age, start making it now so it will be ready for your holiday entertaining. We suggest serving Boerenjongens Cocktail as an after-dinner drink or a late-night beverage with cheese and crackers.





Photographs: Hedrich-Blessing;

BOERENJONGENS COCKTAIL

Use half light and half dark raisins for color variation—

1 15-ounce package raisins (2 cups)
3½ cups water
2 cups sugar
1 pint (2 cups) whiskey

In large saucepan, combine raisins and water. Bring to boiling. Reduce heat; simmer 20 minutes. Add sugar; stir till sugar is dissolved. Remove from heat; stir in whiskey. Fill 4 clean, hot pint or 8 half-pint jars with raisin-whiskey mixture; seal. Let stand at least 1 month. Serve in tiny cordial glasses with pick. Garnish each serving with a lemon slice, if desired. Makes 4 pints.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

3 entertaining ham dishes that start with Real Mayonnaise.



And that's the other name for Best Foods.

It takes creamy-smooth Real Mayonnaise to make your holiday ham so lusciously festive. Heat it or chill it. Real Mayonnaise is so fresh and delicate, it brings out the good flavor in hot or cold ham. And Real Mayonnaise means whole-egg Best Foods.



HOLIDAY GLAZED HAM

Creamy Best Foods helps glaze ham to keep it beautifuly fresh until ready to serve.

- 4 envelopes unflavored gelatin
- 2 cups cold chicken broth
- 4 cups BEST FOODS Real Mayonnaise
- 1 can (8 to 10 lb) fully cooked ham

Soften gelatin in broth in small saucepan. Dissolve over low heat. Remove from heat and stir in Real Mayonnaise. Let set 30 minutes or until slightly thickened. Spoon about 1 cup glaze over ham to coat top and sides evenly. Let set. Continue until ham is completely coated and glaze is all used. Garnish as desired. Cover and chill until ready to serve. Serves about 30. **Note:** To glaze a 5-pound ham, cut ingredients for glaze in half.

EASY EGGS BENEDICT

Best Foods replaces butter and egg yolks for no-worry Hollandaise.

- 3/4 cup BEST FOODS Real Mayonnaise
- 1/4 teaspoon salt
- 1/4 cup heavy cream, whipped
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 4 English muffins, split and toasted
- Nucoa® margarine
- Cooked ham slices
- 8 poached eggs

Mix Real Mayonnaise and salt in saucepan. Cook over very low heat about 3 minutes. Stir in whipped cream, lemon rind and juice. Spread muffins with margarine. Arrange ham, then egg over muffin halves. Spoon on sauce. Serves 4 or 8.



HAM & ASPARAGUS PIE

Whole-egg Best Foods makes a filling that's creamy without adding cream.

- 3 tablespoons Nucoa margarine
- 1 tablespoon Argo® corn starch
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup milk
- 1/4 cup BEST FOODS Real Mayonnaise
- 2 cups diced cooked ham
- 2 packages (10 oz each) frozen cut asparagus, cooked
- 1 tablespoon lemon juice
- 1 baked 9-inch pastry shell
- 1/4 cup grated Parmesan cheese

Melt margarine in saucepan over medium heat. Stir in next 3 ingredients. Remove from heat. Gradually stir in milk until smooth. Cook over medium heat, stirring constantly, until sauce comes to boil and boils 1 minute. Stir small amount of hot mixture into Real Mayonnaise, then stir into hot mixture in saucepan. Add ham, asparagus and lemon juice; cook until heated. Turn into pastry shell. Sprinkle with cheese. Broil about 2 minutes or until lightly browned. Serves 6.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST

Best Foods, a Division of CPC International Inc. cpc



see page 46

The family Christmas 1974

Tin-can doll furniture page 51

Materials: Empty tin cans in assorted sizes; spray enamel paint such as Illinois Bronze Super Spray-O-Namel, (see Buying Guide) in blue, yellow, orange, green, purple and white; metal primer (optional); fabric scraps; cotton batting and tin can lids or cardboard circles for chair cushions; serrated tin snips; needle nose pliers; curling tool or sardine can key-type opener from which the end has been snipped to form a small pronged tool; metal ruler; ice pick or any sharp-pointed object; template made from scrap tin for measuring width of strips.

Furniture pieces may be made from various sizes of cans. Simply adjust the number of cut strips, snipping out excess strips or adding more. The patterns shown are guidelines for designs and may be changed to your specifications.

1. First, make a template to serve as a guide for marking the width of the strips to be cut. Take a can of the type and size to be used for the furniture. Remove the top and bottom lids, the rims, and the side seam. All around the top and bottom edges of the can, cut evenly spaced slits ¼ inch deep and an ⅛ inch wide, depending on the circumference of the can. Make a template for each size and shape of can used.

2. Cleanly remove the lids from your cans. Using tin snips, cut the rims off the tops of the cans. Remove the side seams by cutting straight down each side of the seam.

3. Tape the template over the can so that its edge is even with the seam line. With an ice pick, scribe a mark at each template slit along the top and bottom edges of the can. Remove template.

4. Draw a line connecting the top and bottom marks on the can, using a metal ruler and ice pick. Cut with tin snips along each line down to the bottom rim, making equal-width strips all around.

5. Take your pliers and bend the individual strips up or down according to the pattern of the particular piece of furniture. Twist each strip to conform to the pattern.

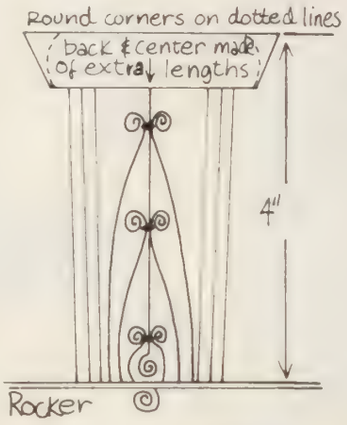
6. In some cases, groups of the strips are linked with connectors. Cut narrow strips about a ½ inch long from an extra can. Bend these connectors around groups of strips where indicated to hold in place.

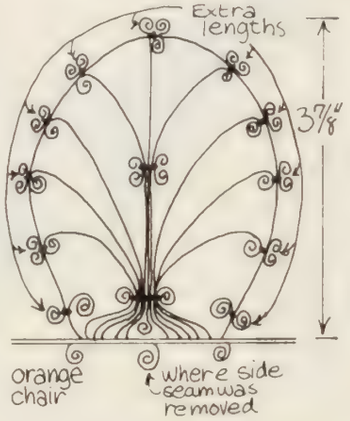
7. Now curl the ends of the strips as indicated in the pattern. Insert the end of each strip in the prong section of the curling tool and curl tightly, then remove the tool. For additional curlicues, cut 4-inch-long strips from an extra can. Attach with connectors where indicated on the pattern and curl.

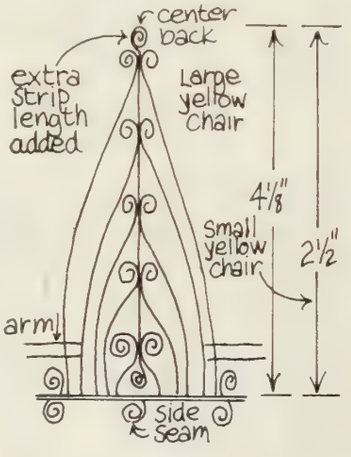
8. When you're adjusting legs to the same height, a small level is helpful. Place it on top of the chair or table you are making to gauge its levelness, then adjust the legs with the curling tool.

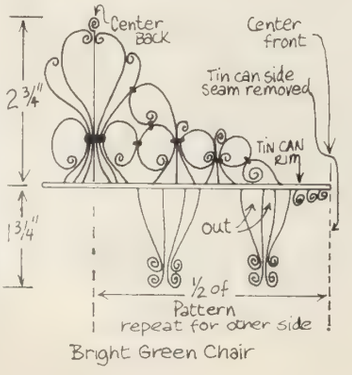
9. When the furniture pieces are completed, spray paint with one coat of metal primer (optional), then with 2 or 3 coats of enamel color.

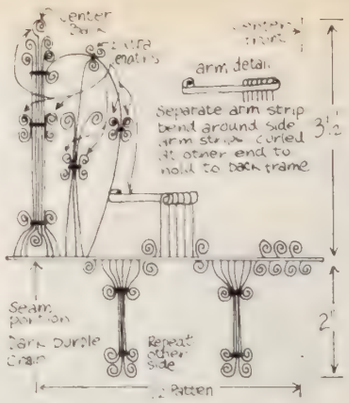


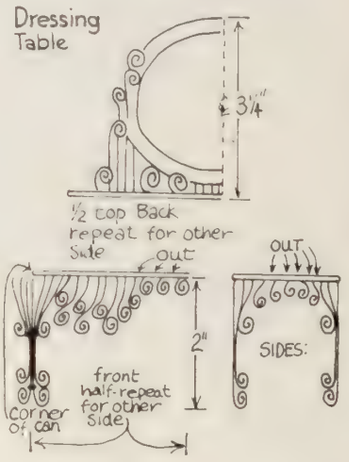


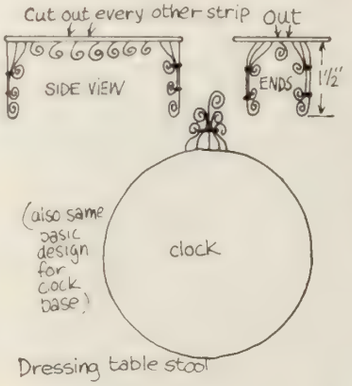


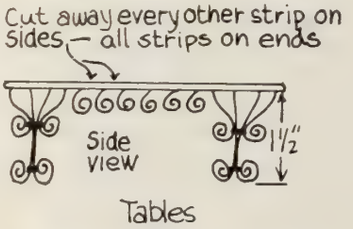


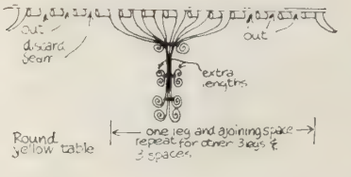


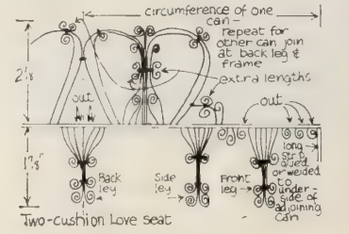


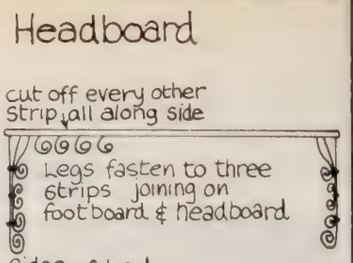


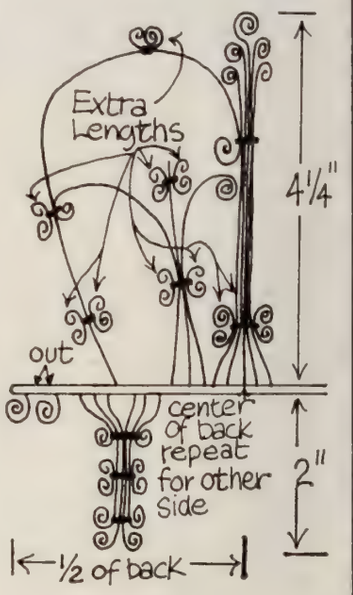


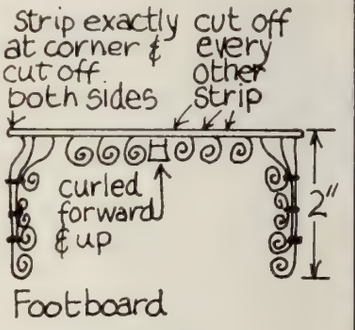












Out = strips removed

▬ = connectors

@@ = extra lengths

Treetop angel page 53

Materials: 1 yard light blue cotton fabric; jar of white glue and water solution such as Drape-It (see Buying Guide); medium-weight copper wire; 3-inch-diameter white plastic foam ball; 1 pair small doll's hands; yellow yarn; scraps of lace and gold trim; 2 green sequins; 2 blue glass-headed pins; watercolors or colored pens; 1 old stocking; 1 thin white cotton sock; white glue; poster board; aluminum foil.

1. Make a cone out of poster board, about 11 inches high and 8 inches in diameter. Cover cone with aluminum foil, draping the foil into curves and ripples, imitating the hang of a full skirt.

2. Cut a circle of fabric 26 inches across. Dip fabric into a mixing

continued

Give gold.



Do you think the gift of golden Galliano is too sentimental?

Perhaps it is.

The taste of Galliano is decidedly romantic, with overtones of baroque Old World richness.

According to the Italian legend, Galliano is distilled from the rays of the sun; so perhaps it would help to describe the taste as, simply, golden.

But the tall bottle of golden Galliano makes a splendid gift. It isn't the thought that's sentimental.

It's the gift of gold behind it.



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"Feminine Itching Was Making My Life Miserable."

"I was constantly worried about my itching problem. I tried so many things, and nothing really helped. Feminine itching was making my life miserable. Then I saw an ad in my local newspaper for Vagisil, telling about a new way to help stop feminine itching. I tried it on a chance and it really worked. I don't worry about this itching problem any more since I found Vagisil."

Mrs. S. T., Richmond, Virginia

If you suffer from the problem of external vaginal itching (medically known as pruritus vulvae), there is now a creme medication specifically formulated to bring you fast, temporary relief. It is called Vagisil™ and is available without a prescription.

Doctor-tested Vagisil is a soft easy-to-apply medication that is so effective, it helps stop external vaginal itching almost instantly. Yet Vagisil is gentle enough for tender, irritated membranes. Vagisil actually leaves a cooling, protective, lubricating film to help check bacteria, soothe irritated membranes, and so speed natural healing.

Thousands of women are now discovering the fast, temporary relief this scientifically developed medication brings. So follow their example and end the misery of external vaginal itching. Get Vagisil creme medication today. Delicately scented. Greaseless. Non-staining. At drug counters. For trial tube, send 25¢ to Vagisil, Box 328 SN, White Plains, N.Y.

Vagisil

continued

The family Christmas 1974

bowl of white glue and water mixture so it is completely saturated. Remove the fabric and gently fold and smooth it to remove excess solution. Do not wring or fabric may crease too much. Spread fabric out on kitchen table and iron.

3. Center fabric over the top of the cone and drape it into graceful folds, following curves of foil. Turn under raw edges all around and crease with fingers. The hem will stick in place when the fabric dries. Set aside to dry about 6 hours. When dry, the fabric will lose its chalky white appearance.

4. When fabric is dry, remove the cardboard and foil from the inside. Carefully poke a small hole through the front and back of the angel body, about ½ inch down from the top. Thread a 6-inch double strand of copper wire through the holes. Set aside.

5. To make the arms, cut a 21-inch length of wire and fold the ends toward the middle so they overlap about 1 inch where they meet. Twist wire securely together. Pour a dab of white glue into the hollows of the doll hands and slip hands onto the ends of the wires. Tape them in place until the glue dries. Dip thin strips of sheeting in the white glue mixture and wrap them over the ends of the hands and the wire to give strength and shape to the arms. Let dry.

6. Cut a strip of blue fabric for the sleeves, 12 inches long and 10 inches wide. Dip it in the white glue mixture, smooth out any excess solution, then drape it over the arms. Turn the long ends back into cuffs and smooth the underside edges together to make a seam. If necessary, hold seam together with stainless steel pins until dry.

7. Grasp the sleeves in the middle, gathering the fabric, and center the arms on top of the body. Make sure the hands face forward. Draw ends of copper wire attached to the body up over the arms and twist tightly to secure the arms in place. Leave about 2 inches of twisted wire sticking up. Adjust the drape of the sleeves and if necessary, stuff with loosely crumpled foil to keep them open until dry.

8. Cut a 5x2-inch rectangle of blue cloth, make a small hole in the middle, and dip in the white glue mixture. Pull the cloth over the angel's wire neck to make a surplice and hide the wire. Turn under the raw edges and crease.

9. Gently model the plastic foam ball with your fingers to make the head. Do not try to make the features too sharp as the plastic foam will crack. Cut off the toe of a cotton sock, dip in white glue mixture, and mold it over the head. Draw the raw edges tightly to the back of the head and secure with straight pins. Press the cotton into all depressions to bring the features into relief. Repeat the same process with a square of nylon stocking.

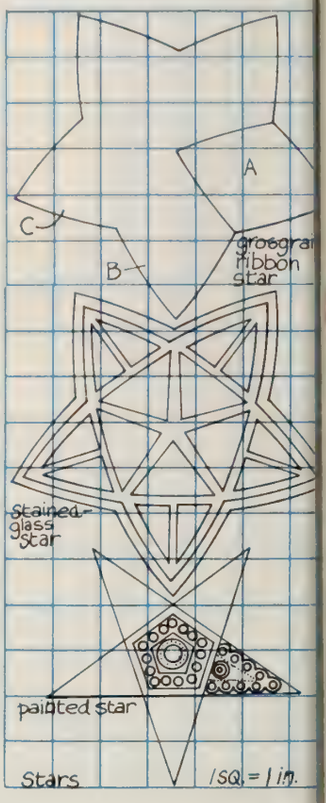
10. Before the glue dries, poke a small hole into the base of head, using a skewer or large nee Place the head on the wire n When the head is dry, glue stra of yellow yarn to the head, draw the ends down to form braids, tufting front wisps for bangs.

11. Add eyes by inserting gl headed pins through the sequins centering them in the eye dep sions. Paint on eyebrows and las rosy cheeks and lips.

12. Glue gold braid around edges of the skirt, surplice, n and sleeves. Glue scraps of l inside the sleeves. Soak a sm doily in the white glue mixture. L flat, then spray with several coats acrylic. Pin it to the back of angel's head for a halo.

Grosgrain ribbon star page 53

Materials: 3-inch-wide grosgr ribbon in 5-inch lengths of 5 dif ent color stripes; ¼ yard each velveteen, woven iron-on in facing; polyester or other stuffi self-sticking fancy gold braid; g thread. Add ¼-inch seam all ance.



1. Enlarge the drawing to ma a full-size pattern. Cut out int facing according to pattern, th cut each star point of the patte from a different ribbon. Carefu position the star points on the bo ing side of the interfacing so th points meet in the center. Pr firmly with an iron to seal the int facing to the ribbon. Iron g braid in place where the edges the ribbons meet.

2. Cut velveteen according to t pattern. Right sides facing, sew t velveteen and ribbon star sha together. Leave an opening turning. Trim and clip the sea Turn right side out and stuff light

continued

IT'S HERE...

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See what happens when you put a little Liquid **all** directly on the toughest dirt (oil stains... embedded grease). **all** penetrates, starts cleaning *even before you wash*. Sure, the leading all-temperature powder cleans just fine but let's see it do that! And in the wash, Liquid **all** gets clothes beautifully clean..

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Your choice. Six cold tablets, or three ounces of liquid, or just one Contac.

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For aches, coughs and fever, the others contain things not found in Contac. Your cold. Your choice.



Give your cold to Contac.®

continued

The family Christmas 1974

then blindstitch the opening. Attach a thread loop for hanging.

Stained-glass star page 55

Materials: 1 8-inch felt square in dark blue and 1 in purple; felt scraps in assorted colors; white glue.

1. Enlarge the drawing (see page 28) to a full-size pattern. Cut the larger star shape from blue felt, the smaller star from purple felt.

2. Center the small star on the large one, then glue together. Cut out and glue in place the 5 center triangles, then the small triangles on each star point.

3. Thread a loop for hanging through one of the star points.

Painted wood star page 55

Materials: Fiberboard, balsa wood, or heavy cardboard; acrylic spray, gold thread; small brush.

1. Enlarge drawing (see page 28) to make a full-size pattern. Cut out the star from fiberboard or any other suitable material. Paint all surfaces white.

2. Transfer the design from the pattern to the star and paint, following the colors shown in the photograph. Allow to dry, then spray with a coat of gloss varnish spray.

3. Drill a small hole in one point. Thread with gold thread for hanging.

Icons page 53

Materials: Wood, fiberboard or cardboard, ¼ inch thick; small prints, about 2x2 inches; acrylic gesso; acrylic paint; acrylic medium polymer; white glue; glass "jewels"; gold cord; ribbon, yarn.

1. Cut plaques in various shapes about 3 to 4 inches across. Spread out the plaques on newspaper and brush tops and sides with gesso. Let dry, then paint. When plaques are dry, turn over, brush with gesso, then paint the backs in complementary colors. Let dry.

2. Center your prints on the plaques and glue in place. When dry, brush with one coat of polymer medium. Let dry one hour.

3. Out of plain paper, cut patterns of symbols such as a Maltese cross, a crucifix, etc. Patterns should be about one inch smaller than the plaques. Trace the patterns onto the backs of the icons, then fill in the traced area with a contrasting color or with gold or silver paint. Paint a border around the edge if desired. Let dry. Arrange the jewels within the outline of each symbol and glue in place. Let dry 20 minutes.

4. Punch a small hole about ¼ inch down from the top with a nail or ice pick. Thread with about 6 inches of gold cord or ribbon to make a loop. Then allow to dry 24 hours.

Lace doily designs page 54

Materials: Paper lace doilies: white thread; white glue; white cotton-covered 20 gauge wire.

1. Drums: Crease a stack of doilies radially along similar motifs. Crease from the edge toward the center, one-third to one-half of the way—less for a tall drum, more for a shallow one. Cut out the center motifs and save.

2. Separate the doilies into pairs. Place two pairs of doilies points to points, points overlapping just enough to staple or glue together at a 120° angle. Angle more sharply for shallower, broader drums. Staple corresponding points all around to complete drum.

3. Thread a loop through one point for hanging. Glue pairs of cutout center motifs together and hang from the bottom point.

4. Lanterns: Crease a stack of doilies radially along similar motifs up to the center motif. Snip out all motifs in the outer circles and save.

5. Separate doilies into pairs. Staple two pairs together, barely overlapping the edges at each point, as you did for the drums.

Thread a loop at the top for hanging. Glue together cutout motifs and hang from the bottom.

Decoupage candles page 60

Materials: Purchased candles in various sizes; Christmas motifs; jar of decal medium such as Decal-It (see Buying Guide); 2 soft brushes, ½ inch wide; ½ pound low-temperature wax; candle thermometer; old metal pot for melting wax.

1. Cut out motifs about 1 inch larger all around than actual desired size. Carefully tape by corners to a piece of cardboard. Following manufacturer's directions, apply 5 coats of decal medium to each motif. Let dry 2 hours.

2. Run a razor blade under the edges of the decals to loosen from cardboard. Soak decals 1 hour in a basin of warm, sudsy water. Rinse off and remove all paper from decals by briskly rubbing backs with your forefinger.

3. Trim carefully to desired size. If you are covering an entire candle with a decal, apply the decal first, then trim top and bottom with a razor blade.

4. To apply decals, brush the backs with a thin even coat of decal medium and position on the candle. Smooth in place, working from the center out. Make sure no air bubbles remain and that edges of decal lie flush with candle. Prick stubborn air bubbles with needle.

5. Heat wax to 260°. Turn off heat while working but keep the temperature above 240°. Dip your brush in the hot wax and immediate-

continued

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IT'S AULI



Good Food and Good Food Ideas from the helping hands of Kraft.

CQUAINTANCE TIME



Now's the time, when everyone is back home, to bring out your best. Kraft has selected some traditional recipes—and some new ones—as special greetings from our house to yours.

Cheery Cheddar Spread

2 *cups (8 ounces) shredded Cracker Barrel Brand Sharp Natural Cheddar Cheese*
¼ *cup beer*
2 *tbsps. Parkay Margarine*
½ *tsp. Kraft Pure Prepared Mustard*
Dash of cayenne
1 *tbsp. chopped chives*
2 *tsps. chopped pimiento*

Combine cheese, beer, margarine, mustard and cayenne. Mix until well blended. Stir in chives and pimiento. 1¾ cups.

Paradise Pumpkin Pie

8-ounce package Philadelphia Brand Cream Cheese
¼ *cup sugar*
½ *tsp. vanilla*
1 *egg*
9-inch unbaked pastry shell
1¼ *cups canned or cooked pumpkin*
½ *cup sugar*
1 *tsp. cinnamon*
¼ *tsp. ginger*
¼ *tsp. nutmeg*
Dash of salt
1 *cup evaporated milk*
2 *eggs, slightly beaten*

Heat oven to 350°. Combine softened cream cheese, sugar and vanilla, mixing until well blended. Add egg; mix well. Spread onto bottom of pastry shell. Combine remaining ingredients; mix well. Carefully pour over cream cheese mixture. Bake at 350°, 1 hour and 5 minutes or until done. Cool. Brush with maple syrup and garnish with nuts, if desired.

Philly Cheese Bell

8-ounce package Cracker Barrel Brand Sharp Cheddar Flavor Cold Pack Cheese Food
8-ounce package Philadelphia Brand Cream Cheese
Parkay Margarine
2 *tsps. chopped pimiento*
2 *tsps. chopped green pepper*
2 *tsps. chopped onion*
1 *tsp. Worcestershire sauce*
½ *tsp. lemon juice*

Combine cold pack cheese food, softened cream cheese and 2 tablespoons margarine; mix until well blended. Add remaining ingredients; mix well. Mold into bell shapes, using the cold pack container coated with margarine. Chill until firm; unmold. Garnish with chopped parsley and pimiento strips, if desired. 2 bells.

Holiday Gift Cake

8-ounce package Philadelphia Brand Cream Cheese
1 *cup Parkay Margarine*
1½ *cups sugar*
1½ *tsp. vanilla*
4 *eggs*
2¼ *cups sifted cake flour*
1½ *tsp. baking powder*
¾ *cup (8 ounce jar) well-drained chopped maraschino cherries*
½ *cup chopped pecans*

* * *

½ *cup finely chopped pecans*
Maraschino cherries
Pecans

Heat oven to 325°. Thoroughly blend softened cream cheese, margarine, sugar and vanilla. Add eggs, one at a time, mixing well after each addition. Gradually add 2 cups flour sifted with baking powder. Combine remaining flour with cherries and ½ cup nuts; fold into batter. Grease 10-inch bundt or tube pan; sprinkle with ½ cup finely chopped nuts. Pour batter into pan; bake at 325°, 1 hour and 20 minutes. Cool 5 minutes; remove from pan. Glaze with mixture of 1½ cups sifted confectioners' sugar and 2 tablespoons milk. Garnish with cherries and pecans. 18 to 20 servings.

Mock Paté

8-ounce package Philadelphia Brand Cream Cheese
8-ounce package liver sausage
1 *tbsp. chopped onion*
1 *tsp. lemon juice*
1 *tsp. Worcestershire sauce*
Dash of salt and pepper

Combine softened cream cheese and liver sausage, mixing until well blended. Add remaining ingredients; mix well. 2 cups.

Stuffed Mushrooms Parma

1 *pound fresh mushrooms*
½ *cup (2 ounces) Kraft Grated Parmesan Cheese*
¼ *cup Parkay Margarine, melted*
1 *tbsp. chopped green onion*

Remove stems of mushrooms; chop. Combine stems, cheese, margarine and onion. Fill mushroom caps. Place on rack of broiler pan; broil 2 to 3 minutes or until top of filling is slightly crusty. Serve hot.

Petite Quiches

Pastry for 1-crust 9-inch pie

* * *

¾ *cup half and half*
2 *eggs, slightly beaten*
¼ *tsp. salt*
Dash of pepper
1 *cup (4 ozs.) finely chopped Kraft Natural Swiss Cheese Slices*
1 *tbsp. flour*
4 *slices crisply cooked bacon, crumbled*

Line miniature muffin pans with pastry.

Heat oven to 325°. Combine half and half, eggs, and seasonings; mix well. Toss cheese with flour; add cheese mixture and bacon to egg mixture. Fill muffin shells two-thirds full with egg and cheese mixture. Bake at 325°, 30 to 35 minutes or until lightly browned. 24 appetizers.

Variation: Line bottom and one inch up the sides of an 8-inch square baking dish with pastry. Pour cheese mixture into pastry shell. Bake at 325°, 40 to 45 minutes or until lightly browned.

Watch the Andy Williams Christmas Show, Wednesday, December 11, 9-10 PM EST, on NBC.

KRAFT Division of Kraftco Corporation



continued

The family Christmas 1974

ly apply a single coat over the decal with long vertical strokes. Start at the top edge of the candle and continue right to the bottom. Cover the entire candle, dipping brush frequently. Apply a second coat. Any wax accumulations at the top and bottom of candle can be smoothed off later with fine steel wool.

6. Grasp the candle by its wick, being careful not to touch the sides. Immerse it in cool water to harden the wax and give it a sheen. When wax is completely dry, buff it with an old nylon stocking for extra sheen.

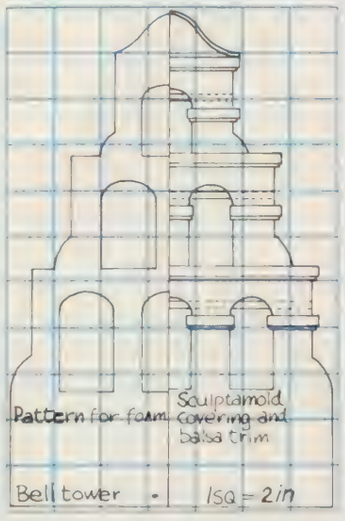
Mission bells page 61

Materials: 1 piece 2x12x18-inch foam; 1 piece 2x4x12-inch wood; balsawood—1 piece 36x⅛x⅜ inches, 2 pieces each 36x¼x⅛ inch and 36x¼x¼ inch, 3 pieces 36x⅛x⅛ inches; 1 piece 2¼x6½-inch cardboard; about 2½ cups Sculptamold (see Buying Guide); floral tape; 54-inch length floral wire; covered wire, 6 pieces each 1½ inch, 2 pieces each 4¼ inch; shot glass for bell mold; leather scraps or string; paint; glue.

1. Enlarge the drawing to make a full-size pattern. Cut out foam according to this pattern.

2. To make the tower base, drive a few nails up through the middle of your piece of wood. Center the foam tower on the nails and push down. Pin cardboard over the top of the tower to form a roof.

3. With an ice pick, pierce holes through the sidewalls of the windows near the top. Enlarge the holes with a pencil or dowel; then push the beams of ¼x¼-inch balsa through the holes, cutting off the ends flush with the building sides. These beams will support the bells.



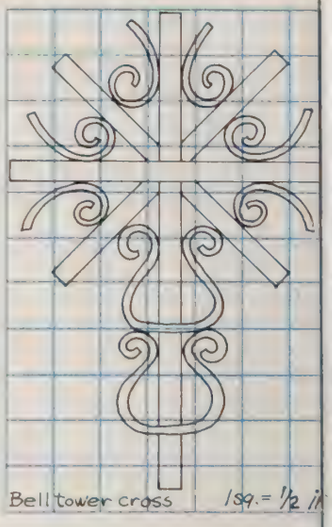
3. Mix Sculptamold according to manufacturer's directions and "plaster" the building, using a spatula or table knife as a trowel. Allow it to set up about 20 minutes. Fit balsa wood trim in place as shown and attach with dressmaker's pins. Set tower aside to dry completely, then paint.

4. To make the bells, use a shot glass or something similar as your mold. Following manufacturer's instructions, pat Sculptamold into an even layer inside the glass. Allow time for setting up, then remove from glass. Pierce a hole in the center top of each bell. Form beads with a hole in the middle to be used as bell clappers. Set aside to dry completely, then paint both bells and clappers.

5. Cut 2 pieces of wire, each 4½ inches long, for each bell. Bend one wire in half, forming a loop. Make a circular loop in the second wire, or clapper wire, and slip it onto the first. Push both ends of the first wire through the hole in the top of the bell. Wrap each end separately with tape and bend. Slip the clapper bead onto the second wire, push it up near the top, then bend the wire end back on itself, forming a loop to hold the bead on the wire. Slip the clapper back down over the doubled piece of wire.

6. Paint the tower and tie the bells to the beams with leather thongs or string. If desired, add small birds carved from balsa and glued in place.

7. Make a cross from balsa as shown in the drawing. Bend pieces of covered wire to the correct shapes and glue to the balsa. When glue is dry, paint the cross blac
Cut a hole in the center top of t
roof and glue the cross in place.



Embroidered bells page 61

Materials: Unbleached muslin, ¾ yard of 45-inch-wide or 1⅛ yar of 36-inch; 3 yards each ½-inc rickrack in avocado green and h pink, jumbo rickrack in red, 1-inc bias tape in red; 9 yards ½-inch bi tape in avocado green; 3½ yards ½-inch ball fringe in red; 2 skei each of 6-strand embroidery floss red, dark willow green, bright pin chartreuse, mauve. Use ¼-inc seams.

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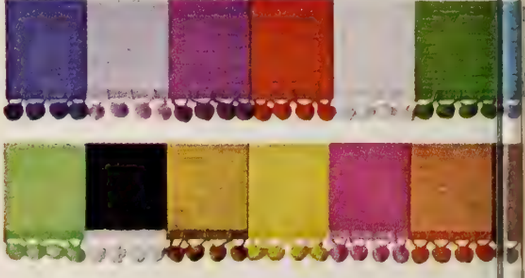
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Sears Antique Satin Shower Draperies.

Now you can turn your bathroom into a showplace. Because these are more than plai shower curtains. These are Sears Antique Sati Shower Draperies!

For dramatic highlights, choose any of 5 brilliant colors in richly slubbed 100% Estron® acetate taffeta. Plus color-coordinated vinyl lie Waterproof, Sani-Gard® treated to resist mildew Draperies hand washable. Liner, machine wa hang to dry.

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Gaines® Top Choice® Burger Dogs looks so much like ham-ger, it's hard to tell the difference. It's made with beef by-products real beef, so it's moist and meaty. It even holds together like real burger.

But it's better for your dog.

100% Complete and Balanced Nutrition.

Because it also has vitamins, erals and protein for the 100% plete and balanced nutrition burger doesn't have.

Top Choice for your dog? Or hamburger? We think the choice is simple.

Oh, and to clear up the confusion, it's Top Choice on the left.



Top Choice. For dogs who love hamburger. It's better for them.

GF GENERAL FOODS

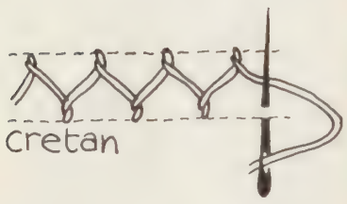
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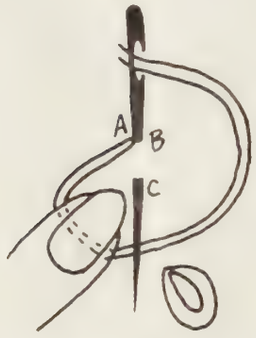
The family Christmas 1974

1. Enlarge drawing to make a full-size pattern. Cut out 6 of these sections. Mark heavy lines and circles on the muslin, making large circles about 2½ inches across, small circles the size of a penny.

2. Sew about 12 inches of avocado bias to each section, reaching from the top of the circle to 1 inch short of the point. Embroider as shown.







Lazy daisy



Cretan bone

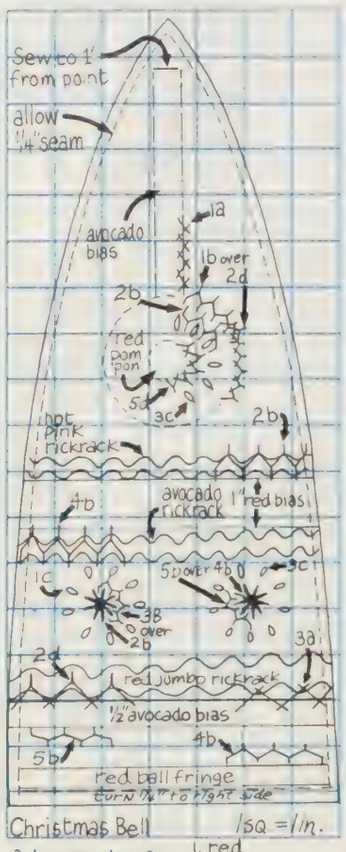
3. Join three sections together. Press seams open, then embroider over seams, using the cretan stitch shown in diagrams. Attach a pom-pon cut from the ball fringe to the center of each large circle. Repeat with the remaining three sections.

4. Join both 3-section pieces together along one seam. Press seam open and embroider.

5. Turn under ¼ inch around the bottom edge of the bell. Attach ball fringe so that lower edge of fringe tape is even with lower edge of bell.

6. Attach binding and rickrack as shown. Then sew up the remaining seam, press open and embroider. Do not embroider over bands. Knot or sew ends of avocado bias strips together at the top for hanging.

7. To make the bells hold their shape, use any of the following methods or invent one of your own: Make a circle of wire to fit the bell at upper edge of wide bias. Then sew it inside the bias band with invisible stitches. Form a bell shape out of chicken wire. Buy a plastic foam or cardboard bell shape. Or, copy the bell shape, using heavy nonwoven interfacing or muslin. Starch heavily and attach it inside your embroidered bell.



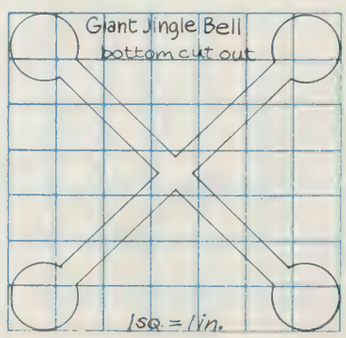
Giant jingle bells page 61

Materials: 8-inch hollow plastic foam ball in two sections (if not available, substitute solid ball); 9x 2½-inch strip of cardboard and ½-inch strip the circumference of ball, both cut across the grain; Sculptamold (see Buying Guide); black, yellow paint.

1. For fun, fasten real jingle bells inside one of the sections of the ball before you glue the two halves together.

2. With a knife, cut 2 parallel slots, about 3½ inches apart, in the top of the ball. Insert the ends of the cardboard handle in these slots.

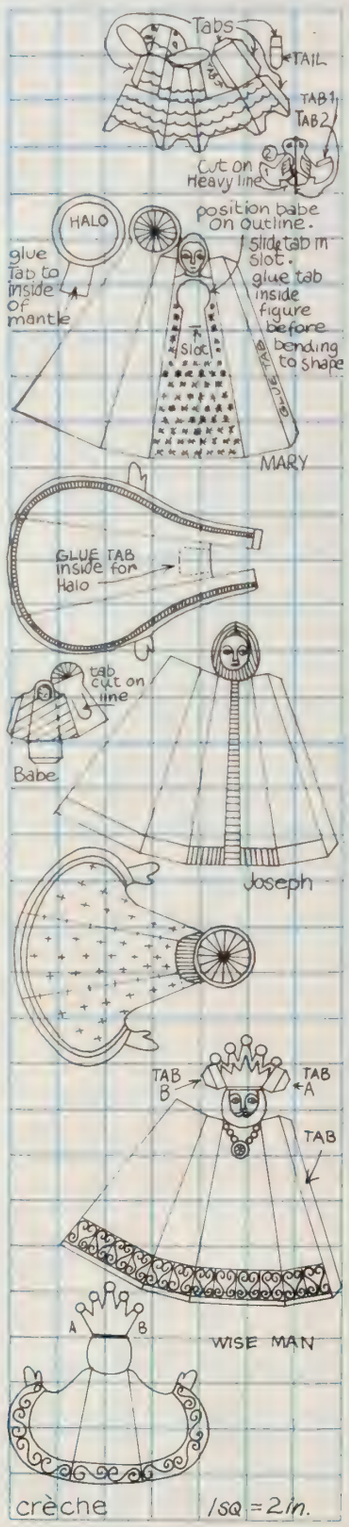
3. Mark around the center section of the ball. Glue the ½-inch strip of cardboard along its edge on the marked line.



4. Cut a paper pattern for the slots and circles on the bottom of the bell. Pin the pattern to the foam ball, trace around it, then cut out the marked area with a knife. If you are using a solid ball, the thickness of the Sculptamold covering will outline the slots.

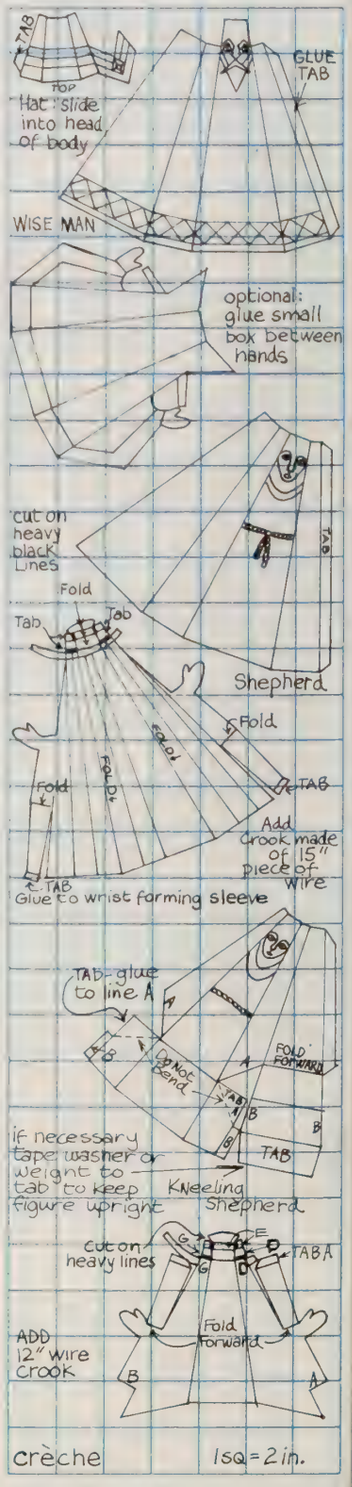
Mix Sculptamold according to the manufacturer's directions and spread it evenly over the ball and handle. You may find it easier to cover just half of the ball at a time, allowing it to dry before going on. Build up around the center of the ball and along the edges of the handle. When the bell is completely dry, paint it inside and out, using a darker color on the inside bottom cutout.

Aluminum creche page 63



Materials: 11 feet tooling aluminum; glass stain or permanent marker felt-tip pens; tube of black acrylic paint; wooden modeling tools, contact cement.

1. Enlarge drawings to make a full-scale pattern. Fold and test the paper pattern before cutting out metal. Tape patterns to the metal and trace around them with a pencil; then cut the figures apart, leaving a margin around the outline.



2. Lay the metal, pattern still attached, on a thin pad of newspaper. Trace all details from the pattern, using a soft pencil. Turn the metal

continued

Share America's Whiskey.



Like fir trees, old stockings, and chimney tops, sugar cookies have a special meaning at Christmas time.

And what makes them special is not just in the cookies.

It's something in the air.

Something that breathes new life into old traditions, and binds us all in a joyful holiday spirit.

It makes Christmas a time for sharing. And a time when, all across America, people share the friendly taste of Seagram's 7 Crown.

Both in the gifts they give and in the holiday drinks they serve.

Seagram's 7 is America's favorite whiskey. Especially for America's favorite time of year.

Give Seagram's 7 Crown. It's America's favorite.



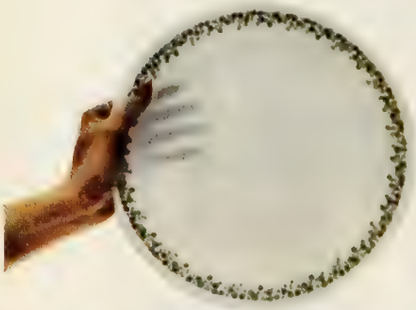
SEAGRAM DISTILLERS CO., N.Y.C. AMERICAN WHISKEY—A BLEND 86 PROOF.

BEAUTIFULLY GIFT-BOXED AT NO EXTRA COST.



Never has a set of dishes done so much for so little.

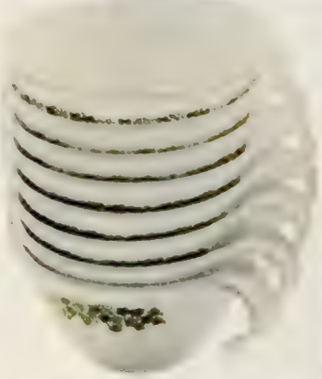
Corelle® Livingware by Corning is translucent. Like fine china.



The pattern won't wear off in a dishwasher. No matter how hot the water gets.



*Corelle Livingware costs from $24.95 to $29.95, depending on pattern, and is available in Winter Frost White, Snowflake Blue, Spring Blossom Green, Butterfly Gold and Old Town Blue. Corelle is a registered trademark of Corning Glass Works, Corning, New York, U.S.A.



Cups stack without teetering. Take up less room.

Even if you should manage to break one of our dishes, we'll never break our promise.

The Corning Promise

"Corning promises to replace without charge any piece of Corelle® Livingware that should break, craze, chip or stain during two years of normal household use."

A 20-piece service for 4 starts at $24.95.* Or buy it by the piece.



It's tougher than china or earthenware.



Corelle is so light, and stacks so easily, you can carry a full set to the table.



It even rings like china.



We designed a handle that keeps your husband's big fingers away from the bowl, so they can't get burned.



It's more than just oven-proof, it's microwave oven-proof.



Corelle® LIVINGWARE by CORNING

This Christmas, give someone a little help in the kitchen.

The Hoover Tri-Cycle Toaster is three good gifts in one. Because it has three different settings. For all kinds of toaster foods.

Like any toaster, the Hoover Tri-Cycle has a regular cycle for regular toast.

Next, there's the Toaster Foods cycle. For things like pop tarts and toaster sandwiches. Here, low heat warms them thoroughly. Without overbrowning the outsides.

And for foods like frozen waffles, there's the Toaster Foods-Crisp cycle. A dual heat cycle that warms food first. Then automatically switches to high heat to make the outsides crisp and crunchy

The Hoover Tri-Pan is a 3-in-1 gift, too. Because the top broils. The middle fries. And the bottom warms.

The broiler lid lets you do steaks, chops, burgers to a turn. Broil anything. Anywhere. Even at the table.

And for frying, there's the big, deep 12″ x 12″ stainless steel frying surface. Tough, scratch-resistant.

Bottomside, you'll find our handy warming tray. To keep the trimmings warm while you whip up the main dish.

So if you're looking for something special for someone special, see the Tri-Cycle Toaster and Tri-Pan. Both at your Hoover dealer. Both give you three great gifts in one.



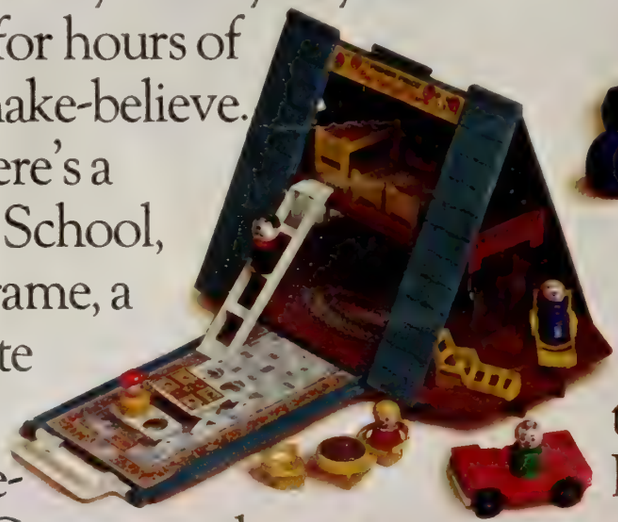
Tri-Cycle Toaster. Tri-Pan. Only Hoover has them.

There are Fisher-Price quiet time, silly time, busy tim

We know that parents don't mind a little hubbub when it's a happy one. They also appreciate the calm that descends when children are absorbed in quiet play. So we make toys that fulfill the quicksilver moods and changing needs of little ones.



Our Play Family Toys are perfect for hours of lively make-believe. There's a Farm, a School, an A-Frame, a complete Village, a Houseboat, a Camper and many other toys, an entire Play Family world populated with little people and animals.





Our newest is a Play Family Castle complete with royal family and friendly dragon.

The new Fisher-Price Dolls are soft and huggable with expressive faces and individual personalities. To bring out those protective, caring feeling every child needs to show.





And to harness all that dynamic energy there's our sturdy ATV Explorer and Creative Coaster to ride at full tilt. And our Basketball and Bowling games to challenge growing skills.



We make pull toys and push toys to en-

ys for rowdy time, ranky time and sleepy time.

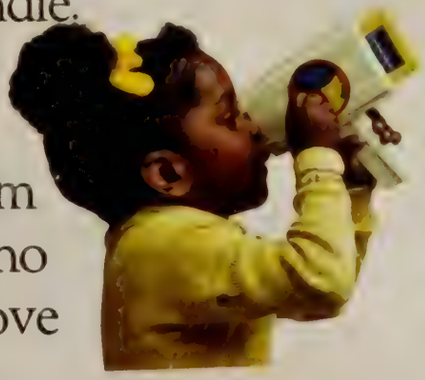
courage toddlers to toddle along. And wind-up music toys to dance or get drowsy with. Our particular triumph is a Music Box Record Player which can withstand almost any nutty thing a child can do to it.)



Our Movie Viewer lets children run little movies forwards, backwards, slow motion or crazily fast. It all depends on how they turn the handle.



It works with our Walt Disney and Sesame Street film cartridges—and no batteries. You'll love the giggles it gets.



When you want the kids to cool off and settle down, there's nothing like a good puzzle. We've stacks of them. Or give them our Play Desk and watch them get involved with what blue looks like, what A is, even how to put a real word together.







And to keep the smallest baby busy and contented, we make Crib & Playpen toys. Safe, colorful toys to introduce them to the sights, sounds and action of their brand new world.



Because whatever time it is at your house, Fisher-Price wants to help make it a very good time.

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FAMILY MONEY MANAGEMENT® Margaret Daly



Your year-end financial checklist

- Do you know your family's cash position right now?
- Have you any idea where the money goes?
- How is your financial situation different from what it was a year ago?
- Are you holding your own against rising prices and inflationary pressures?
- Are you making progress, standing still or losing ground financially?

Few families can answer these questions with any certainty. Yet financial well-being depends largely on knowing where you stand, where you want to go, and what action will help you achieve your immediate and long-range goals. The end of the year is a good time to take a financial inventory. Here are some guidelines to help you evaluate your current position and plan for the coming years.

Start with a look at 1974

First, figure total family income for the year; then determine where the money went. If you don't keep records of spending, refer to bills, receipts, and your checkbook register to arrive at a fairly accurate picture of expenses.

The following chart, based on total income and outgo, may help you with your cash-flow accounting for 1974 and planning for 1975. In evaluating your financial transactions for the year, consider what goals you actually achieved, significant changes in income or spending, and long-term obligations you incurred or debts you retired.

Income and outgo	Actual 1974	Est. 1975
Total income: Take-home salary (earnings less payroll deductions for withholding, social security, pensions and insurance); dividends; interest; gifts; other	$____	$____
Routine monthly spending: Rent or mortgage payments, installment debts, savings, utilities, household help and operation, food, clothing, entertainment, transportation, contributions, gifts, miscellaneous		
$____ x 12	$____	$____
Recurring periodic expenses: Home, auto, and life insurance; property taxes; income taxes in excess of amount withheld; estimated income tax payments; business or personal loan payments; vacations	$____	$____
Nonrecurring expenditures: New car, major home repairs, school tuition, etc.	$____	$____
Total expenditures	$____	$____
Year-end balance (difference between your total income and total expenditures)	$____	$____

Your review of 1974 will show income exceeding, just meeting, or failing to cover expenditures. The results will indicate to a large extent how you should approach matters for 1975. You may find that relatively simple changes in the use of income can bring significantly greater satisfaction from money you spend.

Also take this opportunity to examine family spending patterns carefully to identify areas of unnecessary spending that fail to bring lasting satisfaction. When you cannot account for where large amounts of income ended up, it may indicate serious spending leaks which need attention in the year ahead.

Next, figure current and predicted net worth figures

Technically, a net worth statement shows exactly what you could get in cash for assets (less liabilities) at a given time—usually the present. For most families, knowing both current and predicted net worth figures is desirable as a guide to making financial decisions and planning for future needs and goals. Your predictions may be for five or ten years from now, at retirement, at the time youngsters begin college, or at any other future time. Use the following form to arrive at your net worth today and at whatever future date you find most relevant.

continued on page 109.

Family net worth figures

Assets	Dec. 1974	Future Date
Cash — on hand	$____	$____
in checking accounts	____	____
in savings accounts	____	____
Cash value of insurance and annuities	____	____
Equity or vested interest in pensions and profit sharing plans *	____	____
Market value of your real estate	____	____
Market value of personal possessions	____	____
Market value of your securities	____	____
Other	____	____
Total assets		
Liabilities		
Current bills now outstanding	$____	$____
Installment debts outstanding	____	____
Amount owed on real estate mortgage	____	____
Unpaid taxes	____	____
Personal or business loans outstanding	____	____
Other	____	____
Total liabilities	$____	$____
Net worth (assets in excess of liabilities)	$____	$____

(*Pension and profit sharing plans almost always involve restrictions. This possibility should be considered in determining the current worth of such assets.)

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The Family Christmas 1974

During this holiday season, families will gather together to enjoy the warmth and love and laughter of Christmas. Many of them will celebrate Christmas by sharing age-old customs that have become symbols of the season. Young and old alike will delight in the simple joys of making ornaments, baking star and angel cookies, lighting the Yule log, and singing favorite carols by candlelight. The glowing embers and flickering candles reflect the spirit of the season—peace, joy, and a renewed hope for the future. We've filled the following pages with our own symbols of the season—a wealth of holiday foods, crafts, and toys, all designed to make your family Christmas 1974 one to remember.















Symbols of the Season

Wrappings

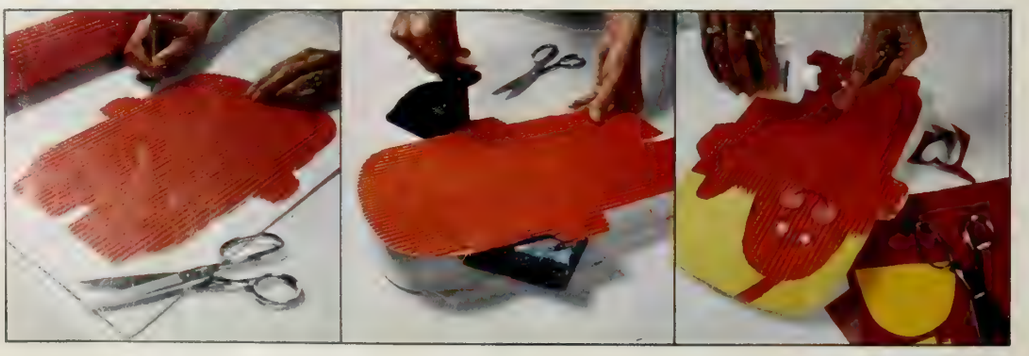


Half the fun of any gift is the wrapping—but that wasn't always the case. Originally the wrapping was merely a way to disguise the present inside, so for many years sturdy brown paper or layers of white tissue prevailed. Fortunately, times have changed, and now fancy papers and trims bursting with color and pattern receive as much attention as the gift itself. Another contemporary trend in gift wrapping is the art of decorating a package to make it look like something it's not—a boat, a bird, a house, a mouse, or an alligator. Even children can master this crafty camouflage so let them lend a hand when you decorate your Christmas packages. For our designs, we used Corobuff—a single-faced corrugated paper mainly used for displays. Corobuff has recently become available to the home crafter, and you can buy it in five-foot rolls at hobby or craft shops.

For ideas, check our array of wrappings. Or you can dream up your own one-of-a-kind designs.

Complete how-to begins on page 26. All credits, page 85.

How to decorate with Corobuff: Gather up scissors, stapler, white glue, and bright sheets of colored construction paper for the cutouts, and you're ready to begin. Make a paper pattern of your design and trace it on the back of the Corobuff. Cut the shape out, then lay it, face up, on the back of another piece of Corobuff. Staple the pieces together around the package, then glue on cutouts.



Wriggling puppies and cuddly kittens belong to a special breed of gifts—the ones that are hard to wrap but delightful to receive. If you've been wondering how you're going to wrap that unwrappable gift, one of our solutions might save the day. Our friendly feline is peeking out the window of a gift-wrapped box with holes cut on the sides. This holiday housing works well because the pet inside can see out so he's less likely to become upset while waiting to be loved.



Whether it's hung from the mantel or placed under the tree, the Christmas stocking is one of the oldest ways to "wrap" gifts. To transform threadbare stockings from Christmases past, try this. Spray a thin coat of adhesive on stocking front; position four patterns of ribbon diagonally on the front so they adhere temporarily. Weave a top layer of ribbon in and out of the first layer in opposite diagonal. Stitch around stocking to secure ribbon and trim excess.

Symbols of the Season

Toys





Gifting children with toys is one of the most delightful traditions of Christmas. And, as attics and antique shops evidence, doll furniture has for generations been one of the most treasured gifts of all. Here are several suites of exquisite furniture you can handcraft for a special little girl. Although each miniature piece appears to have been intricately carved, the curves and curls are actually tiny strips of rolled-up tin. Every piece originates from the same unlikely source—an ordinary tin can you'd normally discard. With one technique, you can get myriad variations just by starting with a different size and shape can each time. For example, the rocker is a soup can while the clock is an oil can sandwiched between two juice cans. The bed and dressing table are large and small turpentine cans. Once you've started making your furniture, you'll begin to see creative possibilities in all sorts of cans.

The method we used is so simple you'll only need a few basic tools—tin snips, needle-nose pliers, and a key-type opener from a sardine or coffee can for curling the strips. The furniture will be safe for children to handle after you've sprayed on a coat of paint. How-to begins on page 26.





Caution: The raw edges of metal cans are a potential hazard if handled improperly. Always wear gloves while cutting a can into strips. If you find it awkward to wear gloves as you curl the tin, you can discard them, but do use extra care as you work. Plan to cut only a portion of the can into strips so your hands come into contact with fewer raw edges. This is not a craft for young children, and we urge you to supervise older children who attempt it. And, as suggested earlier, paint the furniture to make it safe for youngsters.





Symbols of the Season

the Christmas Tree







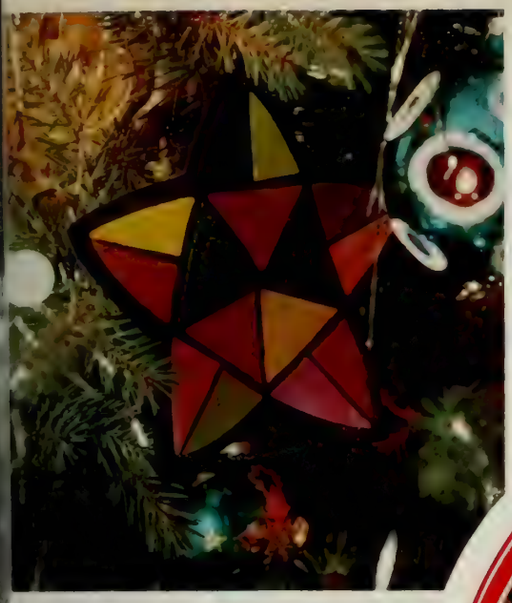




The tree, a fragrant symbol of the season, heralds the arrival of Christmas, and draws he family closer together hrough shared experiences. electing the tree, decorating s branches, and opening gifts round it, are all activities the hole family can enjoy togeth- r. With all the different kinds f trees available today—met- l, plastic, flocked, and ever- reen, to name a few—it may ake a while to find one that uits you. But once you've rought it inside and juggled rniture to accommodate its anches, your tree becomes e focal point of Christmas.

Everyone can participate in aking the ornaments. The ery youngest can cut and aste paper chains, string pop- orn, or hang crayon drawings n the lower branches. You nd the older children will want try some of the more chal- nging ornaments shown here nd on the following pages. For xample, the joyful treetop ngel is fun to make from foam alls. The grosgrain ribbon ars work up so fast you can eate a whole galaxy. To make e icon ornaments, cut out cenes from old Christmas ards and glue them on wood. ny, gift-wrapped packages ake delightful ornaments hen you nestle them in the ee, and they provide a spe- al surprise come Christmas orning. The delicate snow- ake ornaments (see next age) are paper lace doilies apled together, and the ained-glass star ornament is ade of bright scraps of felt. ow-to begins on page 26.





the Christmas Tree











Our stunning collection of translucent seed and pasta ornaments all share the same humble origin—ordinary white glue. You can duplicate our designs or concoct your own from pasta, sequins, assorted seeds, beans, barley, or gold cake-decorating balls. To make your ornaments, you'll need white glue, plastic wrap (not waxed paper), gold gift-wrap cord, food coloring, toothpicks, and tweezers. Anchor a piece of plastic wrap to a cookie sheet with tape. Smear a thin layer of glue over the area to be covered by your design, and arrange the gold cord in a circle (not more than five inches wide or the ornament will droop from its own weight). Press the cord down firmly on the sticky surface to ensure a tightly enclosed area for the colored glue. Pinch the cord against its natural curve to form scallops. Fill a teaspoon with glue and stir in less than a drop of food coloring. The tint will intensify when the glue dries. Pour the colored glue into areas framed by gold cord. If a bubble forms, pop it. Add seeds or pasta. If you use gold balls, add them when ornament is almost dry—because they dissolve easily. Let the ornament dry for several days. When the ornament is clear, peel off the plastic wrap and make a hole near the top for hanging.









Wreaths

Symbols of the Season











Whether gracing the mantel or bidding a warm welcome on your door, wreaths are a beautiful expression of the Christmas spirit. Countless variations of the basic wreath abound today, but in earlier times, the wreath was made in accordance with the climate. In Europe, where the custom of wreaths originated, people who lived in the warmer regions fashioned clusters of lush fruits into wreaths. In contrast, people in the northern countries brought in evergreen boughs to help dispel the winter gloom.

In our collection of wreaths to make, we've updated the early fruit and evergreen wreaths and included several intriguing new designs. Once you've stitched and stuffed our velveteen version of the fruit wreath, you can display it proudly for many Christmases to come. To enliven an evergreen wreath, we added a menagerie of tiny wooden toys. We even devised a wreath from bread dough—the children can lend a hand with this one. Our bell-bedecked braided wreath looks intricate but our special braiding technique makes it easy. Instructions begin on page 39.

How to make a basic wreath: You'll need a green foam ring (ours is 18 inches), heavy green florist wire cut in five-inch lengths and bent into hairpin shapes, and Noble fir evergreen branches. To cover the ring, clip off small sprigs of evergreen and anchor the tips and stems to the foam with the wire pins. Work in one direction around the ring as you cover its front and sides.





Symbols of the Season

Toys

Remember when playthings didn't fall apart when you played with them? When a child's toy was something special and unique, not a mass-produced gadget owned by every kid on the block? Our collection of classic wooden toys will recall those halcyon days. By spending just a night or two in your workshop, you can build any one of these toys to give to a child you love. It may not be the fanciest gift he or she receives this season, but that doesn't matter. Gifts that are personal, lasting, and made with love have a value that far exceeds that of the most expensive toy you could buy.

Our sturdy steam engine is made from scraps of unfinished pine—as is the old-time biplane. We placed the "man with four faces" in front of a mirror so you can see what happens when you spin his head. Children will squeal when they find friendly Mr. Snake coiled under the tree. Just the flick of a finger makes him wiggle every which way. Youthful imagination is all that's needed to take our horseless carriage for a spin. And Miss Busybody? She's quite agreeable to being jiggled around the room with her arms and dress in motion.

Better Homes and Gardens
Project Plan No. 4412-1
to order, see page 108



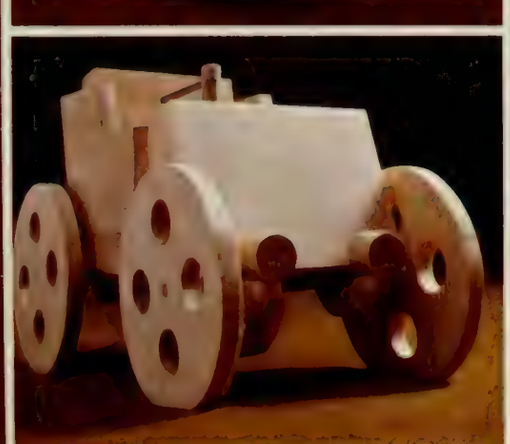












Candles

Symbols of the Season





Since ancient times, candles have been used to celebrate joyous occasions and festivals, particularly winter feasts. In the Jewish celebration of Hannukah, candles are part of the Feast of Lights, commemorating a victorious battle for religious freedom. Christians use candles to symbolize Christ, the "Light of the World," and many families light candles in observance of Advent, the four-week period preceding Christ's birth. For people everywhere, candles have become a symbol of light and joy, and they are used as Christmas decorations throughout the world.

Whether you mold your own candles or purchase readymades, be sure to keep them in mind as you prepare for this yule season. Clusters of candles nestled in pungent boughs are bound to brighten spirits and impart a festive glow to your holidays.

If the Christmas crunch leaves you no time for candlemaking, our easy decoupage technique lets you create your own extraordinary collection from ordinary candles. Directions begin on page 30.





Bells

Symbols of the Season





In early times, bells were an integral part of everyday life as they announced religious and civic news to the community. Bells were considered to be almost sacred. They were given names of saints, and were sprinkled, anointed, and baptized. Many people believed bells had the power to put out fires, chase away enemies, and ward off approaching thunderstorms. Since then, the superstitions have waned, communication has improved, and the bells are now used in the community as holiday heralds of peace and joy. Tiny bells tinkle merrily on gaily wrapped gifts, jingle bells jangle their welcome on front-door wreaths, and replicas of bells grace greeting cards and dangle from Christmas tree branches.





There are dozens of ways you can include bells in your family Christmas this year. The giant jingle bells shown above are hollow foam balls we covered with a plaster mixture and then painted. To make them especially appealing to youngsters, pack the balls full of miniature jingling bells. You can easily make smaller versions to enhance a tree or bedeck a mantel.

Or, embroider some festive fabric bells (upper right) and trim them with rickrack or velvet ribbon. The clappers are extra-large yarn pompons you can buy or make yourself.

The mission bell tower may look complicated, but it's easy to make from pieces of foam and the plaster mixture. You mold bells in ordinary glasses and use wood for the base. Instructions begin on page 34.





Symbols of the Season

The Crèche



rèche, the French word for cradle, has come to mean a Nativity scene depicting the infant Jesus in a lowly manger, surrounded by ry, Joseph, the oxen and asses, and oring shepherds and magi. The custom displaying the crèche originated in the ly church, and was popularized in Italy St. Francis of Assisi when he erected a ple manger scene in 1224. Since few ople could read and the church services e conducted in Latin, St. Francis was aid that parishioners were missing the e meaning of Christmas. Inspired by the ht of shepherds sleeping in a nearby d, St. Francis assembled live animals l assigned people to take the parts of ry, Joseph, and the shepherds in a vivid trayal of the sacred story. He encourd children to gather around the manger sing to the infant Jesus, an idea that lved into "Away in the Manger" and er lullabies to the Christ Child. The istmas nativity scene proved so poputhat it soon spread to other countries, came to be called the crèche.

own through the years, families have owed a tradition of making miniature nger scenes to display in their homes ing the Christmas season. Many early ches were made from wood, papiercné, or plaster.

oday, a crèche can be made of almost material—from toothpicks to plastic. used yarn on canvas for all our conporary needlepoint characters and nted delicate features on the traditional res of tooled aluminum. If you start , you can make aluminum figures in e to display this Christmas (how-to be- on page 36). The needlepoint charers will take longer to complete, but n you're done you'll have an heirloom lection your family will treasure for y Christmases to come. If time per-, you can stitch up several of the prinal characters to enjoy this Christmas plan to complete the crèche later. To er patterns, see page 108.





Symbols of the Season

The bird and all the trimmings

Among the symbols of Christmas, none is anticipated with more glee than the groaning board of holiday goodies. Fancy cookies, festive fruitcakes, and flaming plum puddings have all become part and parcel of the season. With this in mind, we've come up with a grab bag of recipes—some brand-new ones as well as old favorites—to gladden your holiday happenings.

If baking is your forte, you'll find dozens of fruitcakes, pies, breads, puddings, and cookies to choose from. And what's Christmas without homemade candy? We offer four for feasting and gifting. To cheer that chilled band of carolers, there are nogs and wassails and punches aplenty. And to make any get-together gala, we've assembled an irresistible assortment of appetizers. Then to top it all off, we'll show you how to fix your easiest Christmas dinner ever!



Don't let our lengthy menu scare you off—you're in for a pleasant surprise. This could be the most relaxing—and tastiest—Christmas dinner you've ever served. Take those colorful salads—you make both the day before. Our **Harvest Fruit Mold** has just five ingredients—you can handle that. Now for the **24-Hour Vegetable Salad.** That's right—this tossed salad stays crisp even though you layer it in a bowl a day before the feast!

We've given you a choice of two vegetable casseroles. **Easy Vegetable Bake** spells convenience all the way—two sauce mixes, frozen hash browns, frozen vegetables, and canned onion rings. The **Scalloped Succotash** is a creamy lima and corn duo baked in a custardy mixture and laced with Swiss cheese and snippets of green onion. Both these casseroles travel well so you might have a relative tote one of them to your house.

As for the mashed potatoes—with that rich giblet gravy to ladle atop the fluffy mounds—the instant packaged variety will do just fine.

The rolls? Either bake and freeze them weeks before or buy them at your local bakery.

If grandmother or auntie loves to bake, perhaps she would like to bring **Brandied Pumpkin Pie.** Otherwise, buy a frozen crust and whip up a filling from canned pumpkin.

Even the all-important turkey stuffing can be cleverly short-cut. Our **Triple Corn Stuffing** consists of corn bread (from a mix) and corn (from a can) subtly flavored with poultry seasoning and bacon. As the perfect accompaniment to the magnificent bird, serve **Spicy Cranberry Sauce.** You can make it up to a week beforehand—then refrigerate it until the big day.

CHRISTMAS DINNER
Roast Turkey
Mashed Potatoes Giblet Gravy
Triple Corn Stuffing*
Easy Vegetable Bake* *or*
Scalloped Succotash*
24-Hour Vegetable Salad*
Harvest Fruit Mold*
Spicy Cranberry Sauce*
Crescent Rolls Butter
Brandied Pumpkin Pie*
White Wine Milk Coffee

By Doris Eby

***Recipes begin on page 78.**
Buying information, page 85.


Symbols of the Season
Breads

When the frost is on the windowsill, make your kitchen smell like Christmas by baking up some festive breads. No doubt about it—happiness is a warm slice of fresh-from-the-oven bread. (Starting clockwise from top.) **Miniature Eggnog Coffee Cakes** are baked in fluted cupcake pans. There's a double helping of eggnog—in the cake and glaze.

Watch your hungry crowd go for **German Stollen** on Christmas morning. This traditional fold-over-shaped bread is filled with candied fruits and peels. Powdered sugar icing and almonds top it off.

Round loaves of **Julekaga** are spiced with cardamom and flavored with fruits. Remember this for a hostess gift.

The secret for the glossy top of our **Christmas Braid** is brushing with beaten egg yolk during baking. You can add a frosting if you like.

Three Kings Ring is a gift from Mexico. There, it is a traditional part of the Twelfth Night feast. We've crowned this one with icing and candied pineapple poinsettias.

Recipes begin on page 84.
Buying information, page 85.



Nogs, Wassails, Symbols of the Season & Fruitcakes



There's no better way to say "welcome" than with a cup of good cheer. Whether you're sharing some wassail with shivering carolers, warming up after tobogganing, or just joining friends 'round the hearth, these gala drinks will make the occasion memorable.

Front and center is the granddaddy of them all—**Spiced Wassail** with crackling baked apples afloat. The apples bake in a brandy syrup, then join the hot spiced wine.

Clove-studded orange wedges float in the brass bowl atop **Double Apple Brew.** This thrifty heart-warmer starts with pop apple wine and gets an assist from cider and spices.

Lemon slices with cinnamon stick "stems" garnish **Golden Wassail** in the silver bowl. Apricot nectar, orange juice, and white grape juice blend with apricot brandy.

Everyone will find **Double Berry Punch** a refreshing change. Cranberry juice and raspberry carbonated beverage are ladled over scoops of raspberry sherbet in glasses.

The glass bowl sports mounds of whipped topping atop **Pineapple Nog.** Canned eggnog and frozen pineapple juice are punched up with orange liqueur. No ingredients to spoil here—it's great for greeting unexpected guests.

Recipes begin on page 88. Buying information, page 85.

Get a head start on the holiday season by going on a baking binge around Thanksgiving. These fruitcakes all get better the longer you keep them.

(Starting clockwise from top.) Whole almonds stud the top of **British Dundee Cake.** In true English style, the fruits are predominantly currants and raisins.

Our wheel of **Champagne Fruitcake** is chock-full of candied peels, fruits, and nuts plus a spectrum of spices. With frequent brushings of champagne, brandy, and strawberry syrup, the cake gets progressively tastier.

The loaf of **Banana Fruitcake** has the moistness of ripe bananas with a generous spike of brandy to mellow the dried apricots, dates, and prunes.



You can make several sizes of miniature loaves to wrap and give as thoughtful gifts.

The tiny cakes in the foreground are perfect with a cup of hot tea or a glass of sherry. If you love a cake that's solid candied fruits and nuts, **Stained Glass Fruitcake** is tailor-made for you. Besides the fruits and nuts, sweetened condensed milk is the only thing in it—the milk is the magic ingredient that holds it all together. You can make this recipe in several shapes and sizes too. The **Fruited Cupcakes** sport a rum glaze that soaks into the delicate cake. Just before serving, you spoon on the final glaze.

Our **Very Easy Fruitcake** bakes in a tube pan—one of the fancy fluted ones, if you'd like. Spice cake mix and lemon pudding form the convenient base, while the glaze gets flavor from apricot brandy.

Recipes begin on page 90.
Buying information, page 85.





Food Stylist: Mable Hoffman. Photographs: de Gennaro

Symbols of the Season Pies & Puddings

Good friends and good things to eat are an unbeatable combination, and Christmas provides a time-honored reason to bring the two together. Our fireside table is filled with freshly baked pies and steamed puddings—just add coffee and you have a party.

(Starting at the back left.) A fluffy meringue bakes to golden peaks atop **Mincemeat Meringue Pie.** It makes a light and refreshing finish to a big holiday meal. The fruit filling gets a fast start from canned mincemeat and a flavor surprise from applesauce.

Slices of **Fruited Steamed Pudding** surround a dish of **Fluffy Hard Sauce.** The pudding is thickly studded with dates, nuts, raisins, and cranberries. Serve it warm so the sauce will get all melty atop each serving.

Double-decker Plum Pudding features a light layer of candied fruits and a dark spicy layer laced with molasses and cocoa. You'll want to drizzle some of the warm **Brandy Sauce** over the mold for a sheen, then pass the remaining sauce to ladle over each individual serving. Here's how to reheat either of our plum puddings. Simply wrap it tightly in foil and "resteam" it in a Dutch oven with an inch of simmering water in the bottom.

In the foreground, **Cranberry Pecan Pie** is a takeoff on the old Southern tradition. The bright red berries add a touch of Christmas color and a pleasing tartness to this holiday-perfect pie. Here we've baked it in an antique pie tin, but the pie will be just as scrumptious baked in a plain round pie plate.

Dainty fluted tartlets show off a creamy eggnog mixture that's a snap to fix. Canned eggnog and pudding mix team up for the rum-spiked filling in **Easy Eggnog Tarts.** To save precious time during the Christmas crunch, you can short-cut these with tiny store-bought tart shells.

Recipes begin on page 94.
Buying information, page 85.





Symbols of the Season Cookies & Candies



Only Scrooge would think of the Christmas season without cookies and candies. They are as much a part of the Christmas scene as Santa himself.

The cranberry scoop in the cupboard holds pretzel-shaped cookies called **Kringla.** Our Scandinavian friends butter and sugar the backs of these cookies to enjoy with coffee. There's just a hint of cardamom in these puffy, not-too-sweet twists.

The intricate-looking lattice top of the **Crostata** (far left) is actually strips of dough crisscrossed the lazy way—no weaving. You get a choice of fillings—grape, apricot, and strawberry jam.

The pedestal plate in the background holds swirl-topped **Peanut Butter Bonbons.** The centers are peanut butter, butter, and rice cereal with melted butterscotch and chocolate pieces as the coating.

The gold-rimmed plate (center, back) is stacked with **Cranberry Opera Fudge.** Juice from the chopped berries swirls through this heavenly candy.

Squares of **Walnut Caramels** in the cut glass dish (middle) are a gooey delight. Every bite of this delicious butterscotch confection contains lots of crunchy nuts.

When you make **Puddin' Head Gingerbread Men,** enlist some helping hands. Round up several sizes of cookie cutters, then let the whole family decorate the cookies. The possibilities are limited only by your collective imagination.

The bar cookies in the foreground sport a crisp cookie crust and baked-on maple coconut topper. They're **Maple Shortbread Bars,** an Americanized version of the traditional Scotch teatime treats.

The jar of **Buttery Cashew Brittle** (right, back) won't last long. It's a close cousin of your favorite peanut brittle, and we think you'll like it even better.

Imagine peanut butter cookies with swirls of melted chocolate—and you have **Peanut Butter Swirls.** They require a little extra work, but they're worth it.

The glossy red and green boots and gingerbread men in the foreground are made with hard candy syrup. These versatile **Christmas Candy Molds** are fun for the whole family. Let everyone choose his favorite candle mold, then tint the syrup, and presto—you have edible ornaments.

Recipes begin on page 96. Buying information, page 85.





Symbols of the Season
The Latkes, The Dreidl, & The Menorah



Hannukah is a time of happy festivities in Jewish homes—gifts are exchanged, parties are given, children's games are played, and lots of good food is eaten. By coincidence, this eight-day celebration—also called the Feast of Lights—falls during the Christmas season. Though totally unrelated to Christmas in origin or meaning, Hannukah—like Christmas—is a season for cherished traditions, family togetherness, peace and goodwill.

The most important observance associated with Hannukah is the kindling of the lights in the *menorah*—an eight-branched candelabra. (A ninth candle is used to light the others.) The custom of lighting Hannukah candles began over 2,000 years ago when Jewish soldiers returned to the Holy City after a victorious battle for religious freedom. They found their temple badly damaged from the war, but soon cleaned it up and rededicated it. With a little flask of oil—the only oil they could find amid the ruins—they re-lit the great *menorah*. Though there was only enough oil for one day, the lights miraculously burned for eight days! It is to commemorate this great event that Jews celebrate for eight days each year. At left, a Jewish family watches as the youngest son lights the Hannukah candles. (One candle is kindled each night until all are aglow on the eighth, and final, night.)



Hannukah wouldn't be Hannukah without **Latkes** (potato pancakes)—and you don't have to be Jewish to love them. To discover just how delicious they are, try our easy blender method recipe. Another traditional Hannukah favorite is **Roast Capon with Matzoh Farfel Stuffing.** The stuffing, concocted of raisins, dried apricots, and cinnamon, is great with turkey, too. Our cool and creamy **Coleslaw** makes a perfect accompaniment to the capon.

At left, the sideboard is set with three hard-to-pass-up desserts: **Poached Pears in Wine, Crescent Roll Strudel,** and a big plate of **Suphganeyots** (yeast raised doughnuts). If your family is dessert-addicted, you'll want to try all three.

A favorite after-dinner custom at Hannukah time is the spinning of the *dreidl*—a four-sided top that can be large and elaborate like the one pictured above right, or small like the one these children are playing with. Youngsters love the game because winning often means a prize of *gelt* (money). Each side of the *dreidl* bears a Hebrew letter: *nun* (you get nothing from the pot), *gimel* (you take all), *hay* (you get half the pot), and *shin* (you put something back). Beginning on page 40 you'll find directions for making the wood and aluminum *menorah* shown above, as well as how-to for the giant acrylic and small wooden *dreidls*.

Recipes begin on page 97.
Buying information, page 85.



Symbols of the Season Appetizers



The kids can all dig in to shape these tasty Granola Popcorn Balls. Tint the syrup different colors, just for fun.

Dad can roll up his shirt sleeves to help make Taco Chicken Wings—a great idea for when the fellows stop by for a holiday beer.

Whether you're planning a holiday open house or just want to have snacks on hand for drop-in friends, you'll find plenty of ideas here.

The regal copper chafing dish is brimming with **Barbecued Ham Bites** in a honey glaze. There's a surprise inside each spicy ham morsel—a golden pineapple tidbit. You'll want to have cocktail picks nearby for guests to spear these tasty meatballs.

What could be prettier than an array of fresh vegetable dippers? We suggest **Italian Tuna Dip** as the accompaniment. It's sparked with tangy sour cream and Italian salad dressing mix.

Pimiento strips trim the tops of **Artichoke Appetizers.** Marinated artichokes bake in a custardy cheddar cheese mixture—very rich, but very good! Garnish the tray with **Dilly Avocado Boats** for a splurge of color. The green avocado-cottage cheese mixture contrasts seasonally with the bright red cherry tomatoes. For the kids of all ages, bring on **Granola Popcorn Balls.** Vitamin-packed granola gives the old-time popcorn favorite a refreshing new twist. All wrapped and tied with colored yarn, this nutritious snack makes a festive take-home treat.





Sherry Wine Cheese Spread is a sophisticated snack that combines cheddar cheese, blue cheese, and dry sherry in an attractive mold. You'll find the spread is equally good served on crackers or crisp fresh fruits.

Our brandy snifter holds a giant supply of **Peppy Cocktail Nuts.** Worcestershire sauce, hot pepper sauce, and a shaker-topped bottle of salad seasoning are the flavoring secrets here.

Taco Chicken Wings, in the red-napkin-lined basket (shown being prepared above), will make a hit with your south-of-the-border fans. And what could be easier? Shake the wings in a mixture of flour and taco seasoning mix, dip in melted butter, coat with crushed corn chips, and they're ready for the oven.

Recipes begin on page 99.
Buying information, page 85.



CAMPBELLED EGGS
To add variety to breakfast or brunch, just scramble up some Campbell's Soup.

When you scramble eggs with Campbell's Soup, you turn a plain dish into something different and delicious. A treat that makes any meal—from breakfast to midnight supper—a special occasion. Make Campbelled Eggs to suit your fancy—with Campbell's Cream of Chicken Soup or with Campbell's Cream of Celery, Mushroom, Potato, Shrimp or New England Clam Chowder Soup.

CAMPBELLED EGGS
4 slices bacon
½ cup chopped green pepper
¼ cup chopped onion
1 can Campbell's Cream of Chicken Soup
8 eggs, slightly beaten
Dash pepper

In 10-inch skillet, cook bacon until crisp; remove and crumble. Pour off all but 2 tablespoons drippings. Cook green pepper and onion in drippings until tender. In bowl, stir soup until smooth; gradually blend in eggs and pepper. Pour into skillet. Cook over low heat. As mixture begins to set around edges, gently lift cooked portions with wide turner so that thin, uncooked portions can flow to the bottom. Continue gently lifting cooked portions until eggs are completely set, but still moist. Garnish with bacon. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.00 with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55359. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

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Birds Eye® Combinations.
The first vegetables your husband might even notice.



(Above photograph ... 2 times actual size.)

begins on page 64

Holiday foods

HARVEST FRUIT MOLD

To frost grapes, brush with slightly beaten egg white, then sprinkle with sugar and dry on wire rack—

1 12-ounce package mixed dried fruits
¼ cup sugar
2 3-ounce packages orange-flavored gelatin
2 cups boiling water
½ cup dry sherry
Leaf lettuce
Frosted green grapes
Preserved kumquats, halved lengthwise

In saucepan, combine dried fruit and enough water to cover the fruit. Simmer gently, covered, for 25 to 30 minutes, adding sugar for last 5 minutes of cooking time. Drain fruit, reserving syrup. Add water to syrup to make 1½ cups. Dissolve gelatin in boiling water; stir in reserved syrup mixture and sherry. Chill till partially set. Pit prunes; cut up all cooked fruit. Fold into gelatin. Pour into 6-cup ring mold. Chill till firm, 8 hours or overnight. Unmold on leaf lettuce. Fill center of mold with frosted green grapes. Garnish with kumquat halves. Makes 8 to 10 servings.

24-HOUR VEGETABLE SALAD

6 cups chopped lettuce
Salt, pepper, and sugar
6 hard-cooked eggs, sliced
1 10-ounce package frozen peas, thawed (2 cups)
16 ounces bacon, crisp-cooked, drained, and crumbled (1½ cups crumbled bacon)
2 cups (8 ounces) shredded natural Swiss cheese
1 cup mayonnaise or salad dressing
¼ cup sliced green onion with tops
Paprika

Place 3 cups of the lettuce in bottom of large bowl; sprinkle with salt, pepper, and sugar. Layer eggs atop lettuce in bowl; sprinkle with more salt. Layer in order: peas, remaining lettuce, bacon, and Swiss cheese. Spread mayonnaise over top, sealing to edge of bowl. Cover and chill 24 hours. Garnish with green onion and paprika. Toss before servings. Makes 12 to 15 servings.

EASY VEGETABLE BAKE

1 envelope sour cream sauce mix
1 10-ounce package frozen Parisian-style vegetables with sauce cubes
1 envelope white sauce mix
¼ teaspoon salt
1 cup milk
3 cups frozen Southern-style hash brown potatoes, thawed
½ of 3-ounce can French fried onions (1 cup)

Prepare the sour cream sauce mix according to package directions. Set aside. In large saucepan, cook Parisian-style vegetables according to package directions. Do not drain. Stir in dry white sauce mix and salt; gradually stir in milk. Bring to boiling, stirring constantly. Stir in sour cream sauce and hash browns. Turn into 12x7½x2-inch baking dish. Bake in 350° oven for 30 minutes or till bubbly and hot through. Circle edge of casserole with onions. Bake 5 minutes. Garnish with parsley, if desired. Makes 10 servings.

SCALLOPED SUCCOTASH

2 17-ounce cans whole kernel corn
1 16-ounce can lima beans, drained
1 13-ounce can evaporated milk
1 cup (4 ounces) shredded process Swiss cheese
2 beaten eggs
¼ cup sliced green onion
¼ cup chopped pimiento
Dash pepper
2 cups coarsely crushed saltine crackers (44 crackers)
2 tablespoons butter or margarine, melted

Drain corn, reserving liquid. Add water, if necessary, to corn liquid to make ¾ cup. In bowl, combine the corn liquid, corn, limas, evaporated milk, cheese, eggs, onion, pimiento, pepper, and *1½ cups* of the cracker crumbs. Turn into greased 12x7½x2-inch baking dish or greased 2½-quart casserole dish. Toss together remaining ½ cup crumbs and butter or margarine; sprinkle in center of casserole. Bake in 350° oven for 35 to 40 minutes for 12x7½x2-inch baking dish or 1 hour for 2½-quart casserole. Let stand 5 minutes before serving. Garnish with parsley sprig and halved cherry tomato, if desired. Makes 12 servings.

BRANDIED PUMPKIN PIE

Flute edges of pastry shell high—

1 16-ounce can pumpkin
⅔ cup packed brown sugar
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon ground cloves
2 slightly beaten eggs
1 13-ounce can evaporated milk
¼ cup brandy
1 unbaked 9-inch pastry shell
1 envelope dessert topping mix
2 tablespoons chilled brandy

In large bowl, combine pumpkin, brown sugar, salt, and spices. Blend in eggs, evaporated milk, and the ¼ cup brandy. Pour into pastry shell. Bake in 400° oven for 45 minutes or till knife inserted halfway between center and edge comes out clean. Cool. Just before serving, prepare topping mix according to package directions, substituting the chilled brandy for 2 tablespoons of the liquid called for on package. Garnish pie with dollops of topping.

TRIPLE CORN STUFFING FOR TURKEY

8 ounces bacon (8 to 10 slices)
1½ cups chopped celery
½ cup chopped onion
4 cups coarse corn bread crumbs
4 cups fine toast crumbs (10 slices bread)
2 teaspoons poultry seasoning
½ teaspoon salt
1 17-ounce can cream-style corn
1 17-ounce can whole kernel corn, drained

In skillet, cook bacon till crisp; drain, reserving ⅓ cup drippings. Crumble bacon; set aside. Return reserved drippings to skillet; add celery and onions. Cook till tender but not brown. Combine bacon, cel-

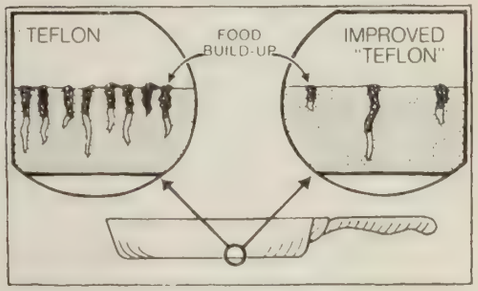
continued on page 84

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BRAND GELATIN

1. Layered Holiday Cherry Parfait. Prepare 1 package (3 oz.) Jell-O Lime Gelatin as directed on package. Chill until set. Fold ½ cup drained chopped maraschino cherries into 1 cup prepared Dream Whip® whipped topping. Layer gelatin and topping mixture in parfait glasses. Top with additional whipped topping and cherries, if desired. Makes about 2½ cups or 5 servings.

2. Crown Jewel Cake. Prepare one 3-oz. package each Jell-O Orange, Cherry and Lime Flavor Gelatin separately, dissolving each package in 1 cup boiling water and adding ½ cup cold water. Pour each flavor into a separate 8-inch-square pan. Chill till firm—at least 3 hours. Cut into ½-inch cubes; set aside a few of each flavor for garnish. Dissolve one 3-oz. package Jell-O Lemon Flavor Gelatin and ¼ cup sugar in 1 cup boiling water; add ½ cup pineapple juice. Chill till slightly thickened. Blend in 4 cups whipped topping and the gelatin cubes. Spoon into a 9-inch springform pan. Chill overnight or until firm. Run a spatula around sides of

3. Fruit Two-Layer Delight. Dissolve one 3-oz. package Jell-O Gelatin, any flavor, in 1 cup boiling water. Add 1 cup cold water, and chill until thickened. Measure 1¼ cups; add 1 cup orange sections. Pour into sherbet or parfait glasses and chill. Beat remaining gelatin with electric mixer or rotary beater until fluffy and thick, and about double in volume. Pile into glasses. Chill till set—about 2 hours. Garnish with additional orange slice, if desired. Makes about 4-6 servings.

4. Holiday Ring Mold. Dissolve two 3-oz. packages Jell-O Gelatin, any red flavor, in 2 cups boiling water. Add 1½ cups cold water. Pour ¾ cup into a 4- or 5-cup ring mold; chill till partially set around edges—about 30 minutes. If desired, add ¼ tsp. cinnamon and ⅛ tsp. ground cloves to remaining gelatin. Chill till thickened. Arrange 20 pecan halves in the mold in a decorative pattern. Press down gently into gelatin and chill till set but not firm. Fold ¾ cup each halved seedless grapes and halved drained canned peach slices into thickened gelatin and spoon into mold. Chill until firm—about 4 hours. Unmold. Garnish with additional grapes, if desired.

5. Fruit Flavor Marshmallows. Dissolve one 3-oz. package Jell-O Gelatin, any flavor, in ½ cup boiling water in a saucepan over very low heat. Add ¾ cup sugar; cook and stir just till sugar is dissolved. (Do not boil.) Blend in 3 tbs. light corn syrup. Chill till slightly thickened. Beat at highest speed of electric mixer until mixture is thickened and will stand in soft peaks—about 8-10 minutes. Pour into an 8-inch-square pan which has been lined on sides and bottom with wax paper and the paper greased with butter or margarine. Chill overnight. Turn firm mixture onto a board heavily dusted with confectioners sugar. Carefully peel off wax paper and dust surfaces heavily with sugar. Cut into 1-inch squares or into shapes, using small cookie cutters dipped in sugar. Roll cut edges in sugar. Store covered in refrigerator. Makes about 5 dozen squares.

GF



Buying information, page 85

FILE UNDER VEGETABLES

HOLIDAY VEGETABLES

Italian Broccoli Casserole

Team tomato and parmesan cheese with broccoli and you have this festive and convenient first-prizewinning vegetable casserole—

- 2 10-ounce packages frozen cut broccoli
- 2 beaten eggs
- 1 can condensed cheddar cheese soup
- ½ teaspoon dried oregano, crushed
- 1 8-ounce can stewed tomatoes, cut up
- 3 tablespoons grated parmesan cheese

Cook frozen broccoli in *unsalted* boiling water 5 to 7 minutes or till broccoli is tender; drain well. Combine eggs, cheddar cheese soup, and crushed oregano. Stir in stewed tomatoes and cooked broccoli. Turn the vegetable-cheese mixture into a 10x6x2-inch baking dish; sprinkle with the parmesan cheese. Bake the casserole, uncovered, in 350° oven for about 30 minutes or till heated completely through. Makes 6 to 8 servings.

Mrs. Robert Berk, Wheeling, Ill.



Photographs: Dreter

FILE UNDER SALADS

HOLIDAY SALADS

Eggnog Cranberry Salad

Eggnog and cranberry flavors make a prizewinning holiday salad—

- 1 3- or 3¼-ounce package regular vanilla pudding mix
- 1 3-ounce package lemon-flavored gelatin
- 2 tablespoons lemon juice
- 1 3-ounce package raspberry-flavored gelatin
- 1 16-ounce can whole cranberry sauce
- ½ cup finely chopped celery
- ¼ cup chopped pecans
- 1 envelope dessert topping mix
- ½ teaspoon ground nutmeg

In saucepan, combine pudding mix, lemon gelatin, and 2 cups water; cook and stir till mixture boils. Stir in lemon juice; chill till partially set. Dissolve raspberry gelatin in 1 cup boiling water; cook and stir till dissolved. Beat in cranberry sauce. Fold in celery and nuts. Chill till partially set. Prepare dessert topping according to package directions, adding nutmeg; fold into pudding mixture. Pour half the pudding into an 8x8x2-inch pan. Carefully pour cranberry layer over; top with remaining pudding. Chill 6 hours or overnight. Makes 9 servings.

Shanna Breen, Detroit, Mich.



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Frozen Daiquiri Salad

Splashes of red maraschino cherries brighten this green daiquiri salad—

½ cup mayonnaise or salad dressing
½ of 6-ounce can (⅓ cup) frozen daiquiri mix, thawed
1 3- or 4½-ounce package no-bake custard mix
1 8-ounce package cream cheese, cubed and softened
Several drops green food coloring
1 20-ounce can crushed pineapple, drained
1 4-ounce jar maraschino cherries, drained and chopped (⅓ cup)
Lettuce leaves

In blender container or in mixer bowl, combine mayonnaise, daiquiri mix, no-bake custard mix, cream cheese, and food coloring; blend or beat till smooth. Fold in pineapple and cherries. Turn into 5-cup ring mold. Freeze firm. To serve, garnish with additional sliced cherries and lettuce leaves, if desired. Makes 8 to 10 servings.

Mrs. Donald A. Munson, Frederick, Md.



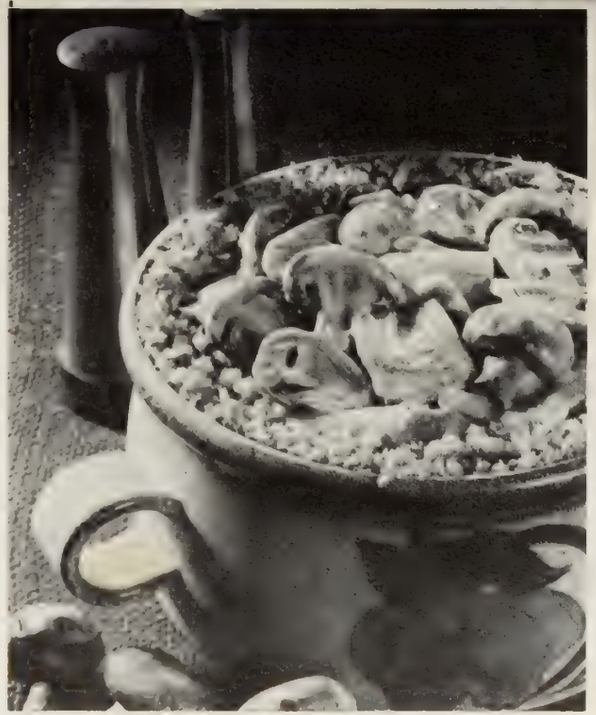
Holiday Ginger Salad

Fix this spicy fruit ambrosia before the dinner-time rush—

3 medium oranges
¼ cup water
2 tablespoons sugar
½ teaspoon grated gingerroot
2 medium apples, pared, cored, and sliced
1 medium banana, sliced
2 tablespoons lemon juice
½ cup pitted dates, sliced
½ cup dried figs, sliced
Lettuce leaves
¼ cup flaked coconut

Section oranges over small saucepan, reserving juice. Add water, sugar, and gingerroot to reserved orange juice; bring to boiling. In bowl, combine apples and bananas; sprinkle with lemon juice and toss lightly to coat. Add orange sections, dates, and figs. Toss syrup with fruit mixture. Cover and chill. To serve, spoon into lettuce-lined serving bowl. Top with flaked coconut. Makes 8 servings.

Loan E. Tjioe, New York, N.Y.



Mushroom-artichoke Casserole

3 cups fresh mushrooms, halved
½ cup sliced green onions with tops
4 tablespoons butter or margarine
2 tablespoons all-purpose flour
¼ cup milk
1 teaspoon instant chicken bouillon granules
1 teaspoon lemon juice
⅛ teaspoon ground nutmeg
1 10-ounce package frozen artichoke hearts, cooked and drained
¾ cup soft bread crumbs (1 slice bread)
1 tablespoon butter or margarine, melted

Cook mushrooms and green onions in the 4 tablespoons butter or margarine. With slotted spoon, remove vegetables; set aside. Blend flour, ⅛ teaspoon salt, and dash pepper into pan drippings. Add ¾ cup water, milk, bouillon, lemon juice, and nutmeg. Cook and stir till bubbly. Add all vegetables. Turn into 1-quart casserole. Combine bread crumbs and melted butter; sprinkle around edge. Bake at 350° 20 minutes. Makes 6 servings.

Mrs. P. G. Rehkamp, Marshall, Minn.



Carrot-rutabaga Bake

Try the oft-neglected rutabaga in this rice-and-vegetable dish—

1 large rutabaga, pared and cubed
3 large carrots, shredded
2 tablespoons butter or margarine
1 egg
2 tablespoons brown sugar
1 teaspoon salt
Dash pepper
1 cup evaporated milk
1 cup cooked rice
Green pepper rings

Cook rutabaga, covered, in boiling salted water till tender, 25 to 30 minutes; drain. Meanwhile, cook carrots in boiling salted water till almost tender, about 5 minutes; drain. With electric mixer, whip rutabaga, butter or margarine, egg, brown sugar, salt, and pepper till fluffy. Stir in milk; fold in rice and carrots. Turn into 10x6x2-inch baking dish. Bake, uncovered, in 350° oven for 35 to 40 minutes. Garnish with green pepper rings, if desired. Makes 12 servings.

Sue Heinonen, Willimantic, Conn.

We wish you a Merry Christmas and a Happy New Salad.

Make it with Dole Pineapple Slices and Miracle Whip Salad Dressing

This Holly Berry Wreath is a delicious way to decorate a holiday table. Because it's made with delicious things. Juicy Dole Blue Label Pineapple Slices, with just the right amount of sweetness, and Miracle Whip Salad Dressing from Kraft. Its special blend of spices adds a bright, tangy taste. Try it for the holidays. We bet you'll be enjoying it again and again—all year long!

HOLLY BERRY WREATH

1 (20-oz.) can Dole Blue Label Sliced Pineapple
1 (3-oz.) pkg. lime flavored gelatin
1 cup boiling water
10 maraschino cherries

* * *

1 (3-oz.) pkg. strawberry flavored gelatin
1½ cups boiling water
1 (16-oz.) can whole berry cranberry sauce

* * *

1 cup heavy cream, whipped
1 cup Miracle Whip Salad Dressing

Drain pineapple, reserving syrup. Dissolve lime gelatin in boiling water, add reserved syrup. Pour into 6-cup ring mold. Arrange pineapple slices in mold slightly overlapping. Place cherry in center of each slice. Chill until almost set.

Dissolve strawberry gelatin in boiling water. Chill until partially set; fold in cranberry sauce. Pour over lime layer. Chill until firm. Unmold on serving platter.

Combine whipped cream and salad dressing. Place in center of mold. Makes 10 servings.



KNOX BLOX

New finger-size gelatine snacks.

Knox has a nifty new snack idea that's a knock-out with kids. It's firmed up, finger-sized, fruity gelatine squares. They're firm enough to never melt or get mushy even at room temperature. But still have enough wiggle to tempt any tot. And a snap to make. Just add Knox® Unflavored Gelatine to any flavored gelatine and your Knox Blox will stay firm until the last block is all gobbled up. Doesn't that sound better than candy?

4 envelopes Knox Unflavored Gelatine
3 packages (3 oz. ea.) flavored gelatine
4 cups boiling water

In large bowl, combine Knox Unflavored Gelatine and flavored gelatine; add boiling water and stir until gelatine dissolves. Pour into large shallow baking pan (for example, 13" x 9") and chill until firm. Cut into squares to serve. Makes about 100 one inch squares.



FAMILY FOOD IDEAS

continued from page 78

Holiday food

ery mixture, corn bread crumbs, toast crumbs, poultry seasoning, and salt; mix well. Add cream-style corn and whole kernel corn; toss till well combined. Makes 12 cups stuffing or enough to stuff one 14- to 16-pound turkey.

SPICY CRANBERRY SAUCE

6 inches stick cinnamon
12 whole cloves
2 whole nutmegs
4 cups (16 ounces) fresh cranberries
2 cups sugar
½ teaspoon grated orange peel
1 cup orange juice

Tie cinnamon stick, cloves, and nutmegs in a cheesecloth bag. In saucepan, combine spice bag, cranberries, sugar, peel, and orange juice. Bring to boiling. Simmer, uncovered, 4 to 5 minutes or till skins pop. Remove spices. Chill sauce. Makes 3½ to 4 cups sauce.

MINIATURE EGGNOG COFFEE CAKES

Use either canned or dairy eggnog—

1⅓ cups granulated sugar
½ cup butter or margarine, softened
2 eggs
3 cups all-purpose flour
3 teaspoons baking powder
2 cups eggnog
1 cup (8 ounces) chopped mixed candied fruits and peels
1½ cups sifted powdered sugar
¼ teaspoon ground nutmeg
¼ teaspoon ground cinnamon
Eggnog
Candied cherry halves

In mixer bowl, cream together granulated sugar and butter or margarine. Beat in eggs. Stir together flour and baking powder; stir into creamed mixture alternately with the 2 cups eggnog. Fold in chopped candied fruits. Pour into greased and floured 2½-inch fluted cupcake pans or 2¾-inch muffin pans. (Keep remaining batter for second batch refrigerated till ready to bake.) Bake in 325° oven for 30 minutes or till done. Remove from pans; cool on rack. In small bowl, combine powdered sugar, nutmeg, and cinnamon. Add enough eggnog to make drizzling consistency. Drizzle over cooled cakes. Garnish with cherries. Makes 24 to 28 cakes.

GERMAN STOLLEN

¾ cup raisins
½ cup chopped mixed candied fruits and peels
¼ cup currants
¼ cup rum
4½ to 4¾ cups all-purpose flour
2 packages active dry yeast
1 cup milk
½ cup butter or margarine
¼ cup sugar
1 teaspoon salt
2 eggs
2 tablespoons grated orange peel
1 tablespoon grated lemon peel
½ teaspoon almond extract
½ cup chopped blanched almonds
1 recipe Powdered Sugar Icing
Slivered almonds

Soak raisins, mixed fruits, and currants in rum. In large mixer bowl, combine 1½ cups of the flour and the yeast. Heat milk, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl. Add eggs, peels, and almond extract. Beat at low speed with electric mixer for ½ minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand, stir in fruit-rum mixture, chopped almonds, and enough remaining flour to make a soft dough. Turn out onto floured surface; knead till smooth, 8 to 10 minutes. Shape in ball. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1 to 1¼ hours. Punch dough down; divide in half. Cover; let rest 10 minutes. Roll each half to 12x8-inch oval. Fold long side of oval over to within ½ inch of opposite side; seal edge. Place on greased baking sheets. Cover; let rise till double, about 30 to 45 minutes. Bake in 375° oven for 15 to 20 minutes. While warm, frost with Powdered Sugar Icing. Garnish with slivered almonds. Makes 2 loaves.

To make Powdered Sugar Icing: In bowl, combine 1 cup sifted powdered sugar and enough rum or milk to make drizzling consistency.

JULEKAGA

Stagger the pans on the oven racks so heat can circulate freely—

8 to 8¼ cups all-purpose flour
2 packages active dry yeast
2 teaspoons ground cardamom
3 cups milk
½ cup butter or margarine
½ cup sugar
2 teaspoons salt
½ cup raisins
½ cup currants
½ cup chopped citron
½ cup chopped candied red cherries
½ cup chopped candied green cherries
1 recipe Powdered Sugar Icing

In large mixer bowl, combine 3½ cups of the flour, the yeast, and cardamom. In saucepan, heat together milk, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in fruits and enough of the remaining flour to make a moderately stiff dough. Turn out on lightly floured surface and knead till smooth and elastic, about 8 to 10 minutes. Shape in ball. Place dough in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1 hour. Punch dough down. Let rest 10 minutes. Turn out on lightly floured surface. Divide dough in 3 portions. Shape each into a round loaf and place each in greased 8-inch round pan. Cover and let rise till double, about 45 minutes. Bake in 375° oven for 30 minutes. Cover with foil; bake 10 minutes more. Remove from pans;

continued on page 88

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

THE FAMILY CHRISTMAS 1974
Products used in making craft projects
Page 48: Santa and gift wraps, single-faced corrugated paper—Corobuff: Bemiss-Jason Corporation, 3250 Ash, Palo Alto, Calif. 94306.
Page 50: Tin-can doll furniture, paint—Super Spray-O-Namel: Illinois Bronze Paint Company, Lake Zurich, Ill. 60047.
Page 53: Treetop angel, draping solution—Drape-It: Hazel Pearson Handicrafts, Rosemead, Calif. 91770. Package wrap, self-adhesive vinyl—Gleem Brite: Clopay Corporation, Clopay Square, Cincinnati, O. 45214.
Page 60: Decoupage candles, decal medium—Decal-It: Connoisseur Studio Inc., P.O. Box 7187, Louisville, Ky. 40207.
Page 61: Mission bells and giant sleigh bells, casting and modeling compound—Sculptamold: American Art Clay Company, Inc., 4717 West 16th St., Indianapolis, Ind. 46222.

THE BIRD AND ALL THE TRIMMINGS

Page 65 (left): Dinner and salad plates—"Kimberly" Denby, 4688 Paddock Rd., Cincinnati, O. 45229. Centerpieces—Jon Peterson Originals, 8715 Melrose Ave., Los Angeles, Calif. 90069. Flatware—"American Colonial" Oneida Silversmiths, Oneida, N.Y. 13421.
Page 65 (left): Casseroles—"Kimberly" Denby, 4688 Paddock Rd., Cincinnati, O. 45229. (Top): Crystal plate—Plummer-McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022. (Right): Pie plate—Pfaltzgraff Co., York, Pa. 17405. Server—"American Colonial" Oneida Silversmiths, Oneida, N.Y. 13421. Serving plate—"Kimberly" Denby, 4688 Paddock Rd., Cincinnati, O. 45229. (Bottom): Serving fork and spoon "American Colonial" Oneida Silversmiths, Oneida, N.Y. 13421.
Page 67: Knife—"American Colonial" Oneida Silversmiths, Oneida, N.Y. 13421. Round wooden board—Hong Horizons, 135 Victory Blvd., Burbank, Calif. 91502.
Page 68: Cups and saucers—Spode, Inc., Turnpike Industrial Park, 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Knife—"American Colonial" Oneida Silversmiths, Oneida, N.Y. 13421. Pewter plate—S. P. Skinner Co., 225 Fifth Ave., New York, N.Y. 10010. Fork—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Pewter pie holder—Pfaltzgraff Co., York, Pa. 17405.
Page 69: Glass plate (Creative) Corning Glass Works, Corning, N.Y. 14830.

PRIZE TESTED RECIPES

Page 81 (left): Pyrex baking dish—Corning Glass Works, Corning, N.Y. 14830. Straw basket—Camden Basket Co., Camden, Mich. 49232. (Right): Salad Forks—Oneida Silversmiths, Oneida, N.Y. 13421. Green candle holders—Rosenthal-Netter, Inc., 225 5th Ave., N.Y., N.Y. 10010. Salad plates—Ebeling-Iress Company, 225 5th Ave., N.Y., N.Y. 10010.
Page 82 (Top left): Pedestal plate with Christmas motif—Cuti-Bertson House, P.O. Box 3098, Noroton, Conn. 06820. Christmas teapot with lid—Same as the above address. (Bottom left): Large glass bowl with silver rim—Invento Products, 19-25 Skillman Ave., Long Island, N.Y. 11101. Serving spoon—Lyon, International Silver Co., 500 South Broad St., Meriden, Conn. 06450. (Right top): Casserole with handle and flower motif—Denby, 4688 Paddock Rd., Cincinnati, O. 45229. (Bottom right): Christmas bulbs—Shiny Brite, Mac Eckardt and Sons, 1107 Broadway, N.Y., N.Y. 10010. Small white casserole dish—B.I.A. Cordon Bleu, Inc., P.O. Box 627, Burlingame, Calif. 94010.

Cheese adds something mellow to Lipton California Dip.

You can make Lipton California Dip taste brand new by adding something else you love to the basic recipe.

Maybe vegetables. Or seafood. Or how about blue cheese?



Blue Cheese California Dip
2 cups Lipton California Dip: Blend 1 envelope Lipton® Onion Soup Mix with 1 pint dairy sour cream.
1 package (4 oz.) Blue Cheese, crumbled (or substitute another cheese you love).
In medium bowl, blend Lipton California Dip with Blue Cheese; chill. If desired, garnish with chopped walnuts. Makes about 2½ cups dip.



FAMILY FOOD IDEAS

The family Christmas 1974

All photographs: Hopkins, Abbe, Olman, Helms
DESIGNER CREDITS:
Page 48. Santa and gift wraps: Molli Nickell.
Page 49. Ribbon stockings: Sudie Woodson.
Pages 50-51. Tin-can dollhouse furniture: Mabell Dillon. Judy Martin Studio. Illinois Bronze Paint Company.
Pages 53-55-57-60: Treetop angel, decoupage candles: Ciba Vaughan Ornaments—Stained-glass star, wood star, ribbon star: Chris Davenport and Jan Neukam. Velvet fruit wreath with bird: Dorothy Davenport. Icon ornaments: John Ralston.
Pages 54-55. Doily ornaments: Gladys Herndon. Seed ornaments: Kay Gleason, Patricia Gardner. Pasta ornaments: Kay Gleason.
Pages 57-62. Bread-dough wreath, needlepoint crèche: Kay Whitcomb. Wreath with toys: Jeanette Kawaguchi. Braided fabric wreath: Carole Austin.
Pages 58-59. Wood toys: David Ashe.
Pages 61-63. Embroidered bells: Jane Chapman. Giant sleigh bells, mission bells, aluminum crèche: B. J. Casselman.
Page 75. Dreidls, menorahs: Tip Semplinier, Chelsea Design Associates Inc.

We're Listening

You have an open line to food manufacturers. Your comments about the products produced by the Family Food Ideas advertisers are welcome. Add your opinions of the current food situation. These companies want to know what you think.

Address your comments to:
Family Food Ideas
P.O. Box 4502
Des Moines, Iowa 50336

Your message will reach the right people and receive attention.

FAMILY FOOD IDEAS ADVERTISERS

Knox Gelatine
Lipton Soup Mixes
Betty Crocker Frosting Mixes
Gold Medal Kitchen Tested Flour
Grocery Store Products—Kitchen Bouquet
Dromedary Pound Cake Mix
Armour Turkey/Lindsay Ripe Olives/Prince Royal Yams
Pillsbury Flour Decorator
Blue Bonnet Margarine
Pillsbury Bread Mix
Hormel Ham
Fleischmann's Yeast
Reynolds Wrap Aluminum Foil
Borden Eagle Brand/Kellogg's Corn Flake Crumbs
Hellmann's/Best Foods Real Mayonnaise
Campbell Soup

Advertisers in this section have been presenting consumer questionnaires in BH&G during the past year. The project will continue in 1975 with the first questionnaire about your use of food products scheduled for the March issue. Please watch for it and plan to respond.

The "Can't-Miss



Christmas dinner.



You just can't miss...Because the turkey is a juicy, **Armour Golden Star Butter-Basted Turkey.** Bastes itself with real butter, *and lots of it,* to keep breasts, thighs, even drumsticks tender, golden, flavorful.

Because it wouldn't be a holiday dinner without the convenience of traditional, tender **Princella Yams.**

Because only **Lindsay Ripe Olives** are good enough to complete your holiday menu. You can *see* and *taste* the difference; delicious Lindsay Olives are the finest olives you can serve

Timing the "Can't-Miss" dinner.

Day before: Thaw Armour Golden Star® Butter-Basted Turkey.

5 hours before mealtime: Prepare brown rice stuffing with Lindsay® Ripe Olives. Stuff turkey and roast according to package directions.

30 min. before: Place Princella® Yams in casserole and bake.

25 min. before: Remove turkey from oven, remove stuffing and keep warm. Make gravy.

10 min. before: Carve turkey.

5 min. before: Remove yams from oven.

FAMILY FOOD IDEAS

Holiday candy. Make it short and sweet.



Open Betty Crocker® creamy frosting mix, follow this simple recipe, and you've got a merry batch of candy for gifts and guests, or just for the family fun of it. And this Betty Crocker mix makes creamy, smooth and scrumptious frosting, too.

Easy candy from Betty Crocker frosting mix.

Betty Crocker®

2 tablespoons of butter or margarine
¼ cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker* creamy frosting mix (chocolate fudge, lemon, creamy cherry, creamy white* or any of the other delicious flavors**)

Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat, stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy, 1 to 2 minutes. *Do not overcook. Makes 1 pound.*
SQUARES—Stir in ½ cup chopped nuts or red and green candied cherry halves. Pour into aluminum foil-lined loaf pan, 9x5x3 inches. Press pecan halves on top if desired. Chill until firm. WAFERS—Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly. Let stand until firm.
CLUSTERS—Prepare candy from lemon frosting mix; stir in 1 can (3½ oz.) flaked coconut and ½ cup slivered almonds. Drop by teaspoonfuls onto waxed paper. Let stand until firm.
*Tint and flavor if desired.
**If using golden caramel frosting mix, reduce milk to 3 tablespoons.
T.M. of General Mills, Inc.

It makes great frosting, too!

continued from page 84

Holiday foods

cool. Using pastry tube, pipe Powdered Sugar Icing in diamond-shaped lattice atop each. Makes 3.

To make Powdered Sugar Icing: In bowl, combine 2 cups sifted powdered sugar and enough milk to make piping consistency.

CHRISTMAS BRAID

5 to 5½ cups all-purpose flour
1 package active dry yeast
2 cups milk
½ cup sugar
6 tablespoons butter or margarine
1 teaspoon salt
1 egg
1 cup (8 ounces) raisins
1 cup (8 ounces) finely chopped mixed candied fruits and peels
½ cup chopped Brazil nuts
1 egg yolk
1 tablespoon water

In large mixer bowl, combine 3 cups of the flour and the yeast. In saucepan, heat together milk, sugar, butter or margarine, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl; add egg. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in raisins, candied fruits, Brazil nuts, and enough of remaining flour to make a moderately stiff dough. Turn out on lightly floured surface. Knead till smooth and elastic, 8 to 10 minutes. Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1½ hours. Divide dough into 3 parts, then divide each part into thirds. Roll each piece into a 15-inch rope. Place 3 ropes on greased baking sheet. Braid. Repeat with remaining ropes, forming 3 braids. Cover; let rise in warm place till double, about 30 to 40 minutes. Combine egg yolk and water; brush some over braids. Bake in 350° oven for 10 minutes. Brush with more egg yolk mixture. Bake 10 minutes more. Cover with foil and continue baking 5 minutes longer. Makes 3 braids.

THREE KINGS RING

2½ to 2¾ cups all-purpose flour
1 package active dry yeast
⅔ cup milk
4 tablespoons butter or margarine
¼ cup granulated sugar
½ teaspoon salt
2 eggs
¼ teaspoon ground cinnamon
½ cup chopped walnuts
½ cup chopped mixed candied fruits and peels
2 teaspoons grated orange peel
½ teaspoon grated lemon peel
1 recipe Powdered Sugar Icing
Candied red, green, and yellow pineapple
Walnut halves

In large mixer bowl, combine 1½ cups of the flour and the yeast. Heat milk, butter or margarine, granulated sugar, and salt just till warm (115° to 120°), stirring constantly till butter almost melts. Add to dry mixture in mixer bowl; add eggs and cinnamon. Beat at low speed with electric mixer for ½ minute, scraping sides of bowl constantly. Beat 2 minutes at high speed. By hand, stir in nuts, the ½ cup candied fruits, the peels, and enough of remaining flour to make stiff dough. Tu… on well-floured surface. Kne… smooth and elastic, about … minutes. Place in lightly g… bowl, turning once to greas… face. Cover and let rise till d… about 1½ hours. Punch … down. On lightly floured su… roll into 26-inch rope; seal en… gether to form a ring. Pla… greased baking sheet. Cove… rise till almost double, 40 to 5… utes. Bake in 375° oven for 1… utes. Cover with foil and co… baking 10 minutes more. … Frost with Powdered Sugar … Decorate with candied pino… "poinsettias" centered with a … half. Makes 1 ring.

To make Powdered Sugar … In bowl, add enough cream to … sifted powdered sugar to … drizzling consistency.

SPICED WASSAIL

6 small baking apples
1 cup packed brown sugar
1 cup brandy
1 cup water
12 inches stick cinnamon, broken in pieces
1 teaspoon whole cloves
1 teaspoon whole allspice, crushed
2 fifths (6½ cups) dry red wine
1 fifth (3¼ cups) dry sherry

Core apples; pare strip aroun… of each. Place apples in 10x6… inch baking dish. In saucepan, … bine brown sugar and brandy. … just to boiling. Pour over ap… Cover with foil. Bake in 350° … for 35 to 40 minutes or till te… Drain apples, reserving syru… large saucepan or Dutch oven, … bine reserved syrup (about … cups) and water. Tie spice … cheesecloth; add to saucepan. … to boiling. Cover and simme… minutes. Stir in wines. … through. Pour into punch b… Float baked apples atop. M… about 12 cups wassail.

DOUBLE APPLE BREW

6 inches stick cinnamon, broken in pieces
1 teaspoon whole allspice
1 orange, cut in wedges
16 whole cloves
6 cups apple cider
2 fifths (6½ cups) apple-flavored pop wine

Tie stick cinnamon and allspic… cheesecloth bag. Stud ora… wedges with cloves. In large sa… pan, combine spice bag, ora… wedges, and cider. Bring to boi… Cover and simmer 10 minutes. … in wine and heat through. Rem… spice bag. Pour into warm ser… bowl. Makes about 12 cups punc…

GOLDEN WASSAIL

6 inches stick cinnamon, broken in pieces
½ teaspoon whole cardamom seeds, crushed
4 cups white grape juice
4 cups orange juice
1 12-ounce can (1½ cups) apricot nec…
¼ cup lemon juice
1 pint (2 cups) apricot brandy
Lemon slices
Cinnamon sticks

Tie the 6 inches stick cinnamon … the cardamom seeds in cheesecl… bag. In large saucepan, comb… spice bag, white grape juice, ora… juice, apricot nectar, and len… juice. Bring to boiling. Cover … simmer for 15 minutes. Rem… **continued**



Let's have a show of hands for our Master Mix for Cookies recipes.

FROM one basic mix, you can make many different kinds of cookies: delicious Toffee Bars, scrumptious Fruit Jumbles, rich chocolate Bonbons and heavenly Cherry-Coconut Bars. The recipes come on Gold Medal Flour sacks, specially marked, "Master Mix for Cookies."

Make a large batch of this versatile mix–use just the amount you need when you need it–you can store the "Master Mix" up to four weeks.

Gold Medal Flour gives you confidence because Gold Medal has over 90 years of baking success.

Gold Medal makes you feel like you can do anything.



N 19 STORE COUPON

Save 10¢

on your next purchase of Gold Medal® flour

Regular, Unbleached, Self Rising, Whole Wheat

Only one coupon may be redeemed per purchase.

MR. GROCER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 3¢ handling charge. Mail this coupon to General Mills, Inc., Dept. 400, Minneapolis, Minn. 55440 for redemption. This offer void in any state or locality prohibiting, licensing, or regulating these coupons. The consumer must pay any sales tax included. Good only in U.S.A.

FRAUD CLAUSE: Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving purchase, within the last 90 days, of sufficient stock to cover coupons presented for redemption must be made available upon request.

10¢ General Mills CASH VALUE 1/100 CENT N 19



With the end of summer, you may have to stop cooking out. But here's an easy way to give your meat that terrific cookout appeal all year round.

Just brush Kitchen Bouquet® lightly on your meat (or fish or poultry) before you put it into the oven, or in the frying pan.

It makes whatever you cook crispier on the outside. Gives it a rich, brown, cookout look. And subtly enhances its own juicy flavor.

And don't forget. Kitchen Bouquet, added to natural meat juices, makes delicious gravy.



FAMILY FOOD IDEAS

continued

Holiday foods

spices. Stir in brandy; heat through. Float lemon slices with cinnamon stick "stems." Makes 11 cups.

DOUBLE BERRY PUNCH

2 quarts (8 cups) cranberry juice cocktail
2 12-ounce bottles (3 cups) raspberry-flavored carbonated beverage, chilled
1 10-ounce package frozen raspberries, thawed
1 quart raspberry sherbet

Chill cranberry juice cocktail in punch bowl. At serving time, with bottle resting on rim of bowl, slowly pour in carbonated beverage. Stir with up-and-down motion. Garnish with raspberries. Serve over spoonfuls or scoops of sherbet in small glasses. Makes 12 cups.

PINEAPPLE NOG

2 quarts (8 cups) dairy or canned eggnog, chilled
1 cup orange liqueur
1 6-ounce can frozen pineapple juice concentrate, thawed
½ cup water
½ teaspoon ground allspice
Frozen whipped topping, thawed
Ground nutmeg

In bowl, stir together eggnog, orange liqueur, pineapple juice concentrate, water, and allspice. Chill. At serving time, stir and pour into punch bowl. Garnish with dollops of whipped topping; sprinkle with nutmeg. Makes 11 to 12 cups.

DUNDEE CAKE

¾ cup butter or margarine
¾ cup sugar
3 eggs
2¼ cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
¾ cup milk
1 cup raisins
½ cup currants
½ cup chopped blanched almonds
¼ cup chopped mixed candied fruits and peels
¼ cup candied cherries, quartered
Blanched whole almonds

In large mixer bowl, cream butter or margarine and sugar till light. Add eggs and beat till fluffy. Stir together flour, baking powder, and salt; add to creamed mixture alternately with milk, beating after each addition. Fold in raisins, currants, the chopped almonds, mixed fruits and peels, and candied cherries. Turn into greased and floured 8-inch springform pan. Arrange whole almonds atop batter. Bake in 325° oven for 1¼ hours or till done. Cool 10 minutes in pan. Remove sides from pan. Cool completely. Wrap in brandy-soaked cheesecloth, then in foil. Refrigerate overnight before slicing.

STAINED-GLASS FRUITCAKE

1 14-ounce can *sweetened condensed* milk
1½ cups (12 ounces) whole red and green candied cherries
1½ cups (12 ounces) cut-up candied pineapple (assorted colors)
1½ cups (8 ounces) light raisins
1⅓ cups (8 ounces) whole pitted dates
2 cups (8 ounces) pecan halves
2 cups (8 ounces) walnut halves

In large bowl, combine all ingredients; mix well. Divide mixture and pack very firmly into any of the following containers:

container	amount of batter
2½x1½-inch loaf pan, buttered, lined with foil, and foil buttered.	1¼ cups
Foilware cups, 3¼-inch diameter and 1¾ inches deep, buttered.	½ cup
Tiny muffin pans, 1¾-inch diameter, buttered.	2 tbsp.

Bake in 275° oven 45 minutes for loaf pans, 35 minutes for foilware cups, and 25 minutes for tiny muffin pans. Cool; remove from pans. Makes 10 cups batter.

CHAMPAGNE FRUITCAKE

Figure on about 8 ounces of candied fruit or peel to make 1 cup—

1¼ cups (8 ounces) pitted dates
1 cup (8 ounces) candied cherries
½ cup (2 ounces) raisins
¼ cup (2 ounces) candied orange peel
¼ cup (2 ounces) candied lemon peel
¼ cup (2 ounces) candied citron
2 cups (8 ounces) pecans
1¼ cups (5 ounces) slivered almonds
½ cup butter or margarine
½ cup sugar
4 eggs
2 tablespoons dark rum
2 tablespoons brandy
1 cup all-purpose flour
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
½ teaspoon ground mace
¼ teaspoon ground cloves
1½ cups champagne
½ cup brandy
¼ cup strawberry syrup

Chop the fruits, candied peels, candied fruits, and nuts; combine in large bowl. In small mixer bowl, beat butter or margarine and sugar till creamy. Beat in eggs. Add rum and the 2 tablespoons brandy; mix well. Stir in flour and spices. Add batter to fruit mixture; blend well. Turn into greased 9-inch springform pan. Bake in 250° oven for 2½ to 2¾ hours. Cool in pan 30 minutes. Remove from pan and cool completely. Combine champagne, the ½ cup brandy, and strawberry syrup. Brush liberally all over cake. Wrap in several thicknesses of cheesecloth moistened with more of the champagne mixture. Overwrap with foil. Reserve remaining champagne mixture in covered jar; keep chilled. Store cake in cool place for 4 to 6 weeks. Soak cheesecloth with reserved champagne mixture every few days for 10 days, then at 1 week intervals, rewrapping cake in foil each time. (Substitute white wine if you run out of champagne mixture.)

BANANA FRUITCAKE

1 16-ounce package pitted prunes (3 cups)

continued

How to impress your company when you're pressed for time.

Here are just two ways to serve a lot of people in a little time. Get more easy-to-make recipes using Dromedary® Pound Cake Mix and Dromedary® Dates. Send a self-addressed, stamped envelope—about 4" x 9½"—to: Dromedary Baker's Dozen, P.O. Box 1544, Elm City, North Carolina 27898.

FAMILY FOOD IDEAS



Bakes in 30 minutes. Recipe serves about 18.



Meringue Fruit Supreme

2 eggs, separated
2 tablespoons milk
1 package DROMEDARY Pound Cake Mix
3 oranges, sectioned, drained
1 (8-oz.) package DROMEDARY Pitted Dates, halved
1 (20-oz.) can unsweetened pineapple chunks, drained
1 (8¾-oz.) can apricot halves, drained
2 teaspoons grated lemon rind
¼ teaspoon ground cinnamon
¼ cup granulated sugar
¼ cup chopped nuts
¼ cup apricot preserves

Beat egg yolks with milk. Blend in DROMEDARY Pound Cake Mix. Pat into bottom and up sides of a greased 3-quart shallow baking dish. Bake in preheated (375°F.) oven 15 to 20 minutes, or until browned. Cool slightly.

Toss fruits and lemon rind together. Spread over crust. Beat egg whites with cinnamon till foamy; gradually add sugar, beating until stiff. Spoon around sides of dish. Sprinkle with nuts. Bake 10 minutes or until meringue is slightly browned. Heat preserves; brush over fruit. Serve warm. Makes 18 (about 3x2¼-inch) servings.

Miniature Fruit Cakes

1 (8-oz.) package DROMEDARY Chopped Dates
12 ounces mixed candied fruit
4 ounces candied cherries, cut-up
½ cup dark raisins
1 cup chopped walnuts or pecans
1 cup sifted all-purpose flour
1 package DROMEDARY Pound Cake Mix
½ cup butter or margarine, softened
¾ cup milk
3 eggs

Toss dates, candied fruit, cherries, raisins and nuts with ½ cup flour. Add ½ cup flour to DROMEDARY Pound Cake Mix. Blend in butter or margarine. Add ½ cup milk. Blend until all dry ingredients are moistened. Beat 1 minute at medium low speed. Add eggs. Blend. Beat 1 minute at same speed. Add ¼ cup milk. Beat 1 minute longer. Stir in fruit, one third at a time. Mix thoroughly, pour into 6 greased 5½x3x2-inch loaf pans or 3 greased 7⅜x3⅝x2¼-inch pans. Bake in preheated (325°F.) oven 55-60 minutes; cool in pans 10 minutes; turn out on rack. Wrap in foil.

©Nabisco, Inc. 1974

Bakes in an hour. Recipe serves about 30.



Dromedary...for homestyle goodness.

Soft on the whisper of angel wings,
This is the Christmas that memory brings.
The rustling of elves in the watchful night
With secrets shelved from the children's sight.

The glimmering gold of candle-shine;
The shimmering fragrance of fir and pine,
And, savory there on the silver tray,
The great, proud ham for the holiday.

Hormel Ham

a HOLIDAY TRADITION

Many a Christmas candle has burned brightly beside a Hormel Ham. For this was America's first ham in a can—the symbol of holiday hospitality. Hormel makes this same, famous ham today, still with the same patient skill. Boned, trimmed and cooked to full tenderness and flavor. Magnificently ready to heat and to carve. *Geo. A. Hormel & Co., Austin, Minn.*



TRADITIONAL HOLIDAY GLAZE

FAMILY FOOD IDEAS

½ cup pineapple juice
1 cup brown sugar
4 tsp. prepared mustard
2 to 3 tbsp. lemon juice
1 box whole cloves

Bake ham according to directions on can. Half an hour before ham is done, remove from oven. Pour off drippings.

Score the top of the ham about ⅛" deep into crisscrossed diagonals as pictured above. Insert a whole clove into each section.

Blend together pineapple juice, brown sugar, mustard and lemon juice, then spoon the mixture over the ham.

Return to oven for last half-hour of baking, basting frequently.

continued

Holiday food

1 8-ounce package dried apricot (1½ cups)
1 15-ounce package raisins (3 cups)
1 8-ounce package chopped pitte (1⅓ cups)
1 16-ounce package chopped mi candied fruits and peels (2 cup
1 cup brandy
1½ cups butter or margarine
2 cups packed brown sugar
6 eggs
3 cups all-purpose flour
2 teaspoons salt
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground allspice
2 large ripe bananas, mashed
2 cups walnut halves

Cut prunes and apricots in
In large bowl, combine prun
cots, raisins, dates, and
fruit. Pour *½ cup* of the
over the fruit. Cover and l
8 hours or overnight. In larg
bowl, cream butter or m
and brown sugar till fluff
eggs, one at a time, beating
ter each addition. Stir togeth
salt, and spices. Add flour
alternately with banana to
mixture. Stir in nuts and fr
ture. Divide batter into any
following very well-greased
pans:

size of pan	cups of batter
9x5x3-inch	4
7½x3½x2-inch	3
4½x2½x1½-inch	2

Bake in 250° oven for tim
cated or till golden. Cool in
minutes; remove from pans
on rack. Pour remaining
brandy over tops of cakes. W
brandy-soaked cheesecloth;
wrap with foil. Store in refrig
Continue adding additional
to soak cakes occasionally.
15 cups batter.

FRUITED CUPCAKES

1½ cups (12 ounces) finely chopp mixed candied fruits and peels
⅔ cup light raisins
¼ cup pitted dates, snipped
1 cup all-purpose flour
¾ teaspoon baking powder
½ teaspoon salt
½ cup shortening
½ cup sugar
½ teaspoon vanilla
3 eggs
⅓ cup unsweetened pineapple ju
1 recipe Rum Glaze

In bowl, combine fruits and
raisins, and dates. Thorough
together flour, baking powd
salt. In large mixer bowl, tho
ly cream together shortening,
and vanilla. Add eggs, one at
beating well after each ad
Add dry ingredients to cr
mixture alternately with pi
juice, beating well after eac
tion. Stir in fruit mixture. Fi
greased 2-inch muffin cups al
top. Bake in 350° oven for 2
minutes. (Place pan of water
tom rack of oven during b
Remove cupcakes from pans
cakes are cool, prick holes i
each with long-tined fork.

continued



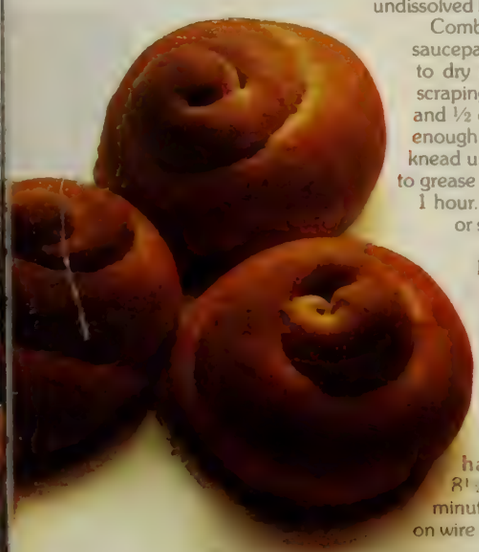
The original play dough.

Nothing's more creative, more rewarding, or more basic than baking. And baking's both fun and an economical way to feed your family. Fleischmann's Basic Oatmeal Dough is a whole new way of baking that starts with just one simple, nutritious recipe.

Follow it exactly and you've got old-fashioned oatmeal bread. Give the dough a twist and you'll get rolls. Add walnuts, and pretty soon you'll be serving your family walnut bread.

It's that simple. Why not open a package of Fleischmann's® Yeast and start with the basic recipe. Then, divide it up to make one or more of these tempting ideas. But don't stop there. Because creativity's the whole idea behind this basic recipe. Experiment. Design. Let your imagination go wild. And pretty soon you'll find there's no more fun than baking, especially if you're baking with Fleischmann's Yeast.





In a large bowl thoroughly mix 1 c. flour, 1½ tsp. salt and 1 package undissolved Fleischmann's Active Dry Yeast.

Combine 1⅓ c. water, ¼ c. milk, ¼ c. molasses and ¼ c. margarine in a saucepan. Heat over low heat until liquids are very warm (120°F.-130°F.). Add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 egg, 1 c. steel cut or old-fashioned oatmeal, and ½ c. flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour (3½-4 c.) to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down. Proceed according to directions below for desired shape or shapes.

Round loaves: Divide dough in half. Shape each half into a smooth round ball. Place on a greased baking sheet. Flatten slightly. Cover; let rise until doubled, about 1 hour. Bake at 400°F. about 30 minutes, or until done. Remove from baking sheet and place on wire racks to cool.

Rolls: Divide dough in half; divide each half into 12 equal pieces. Form each piece into a pencil-shaped 9-inch roll. Hold one end of dough firmly and wind dough loosely around; tuck end underneath. Place on a greased baking sheet. Cover; let rise until doubled, about 1 hour. Bake at 375°F. about 15 minutes, or until done. Remove from baking sheet and cool on wire racks.

Walnut bread: Divide dough in half. Knead ⅓ c. chopped walnuts into each half. Roll each half to a 8 x 12-inch rectangle. Shape into loaves. Place in 2 greased 8½ x 4½ x 2½-inch loaf pans. Cover; let rise until doubled in bulk, about 1 hour 15 minutes. Bake at 400°F. about 30 minutes, or until done. Remove from pans and place on wire racks to cool.

For more tempting baking ideas, send your name and address plus 50¢ (no stamps please) for a copy of Fleischmann's Bake-it-Easy Yeast Book to: Fleischmann's Yeast, Box 1396, Elm City, North Carolina 27898. Allow 4-6 weeks for delivery. No orders accepted without Zip Code. Offer good only in U.S.A. while supply lasts. Void where prohibited or restricted.

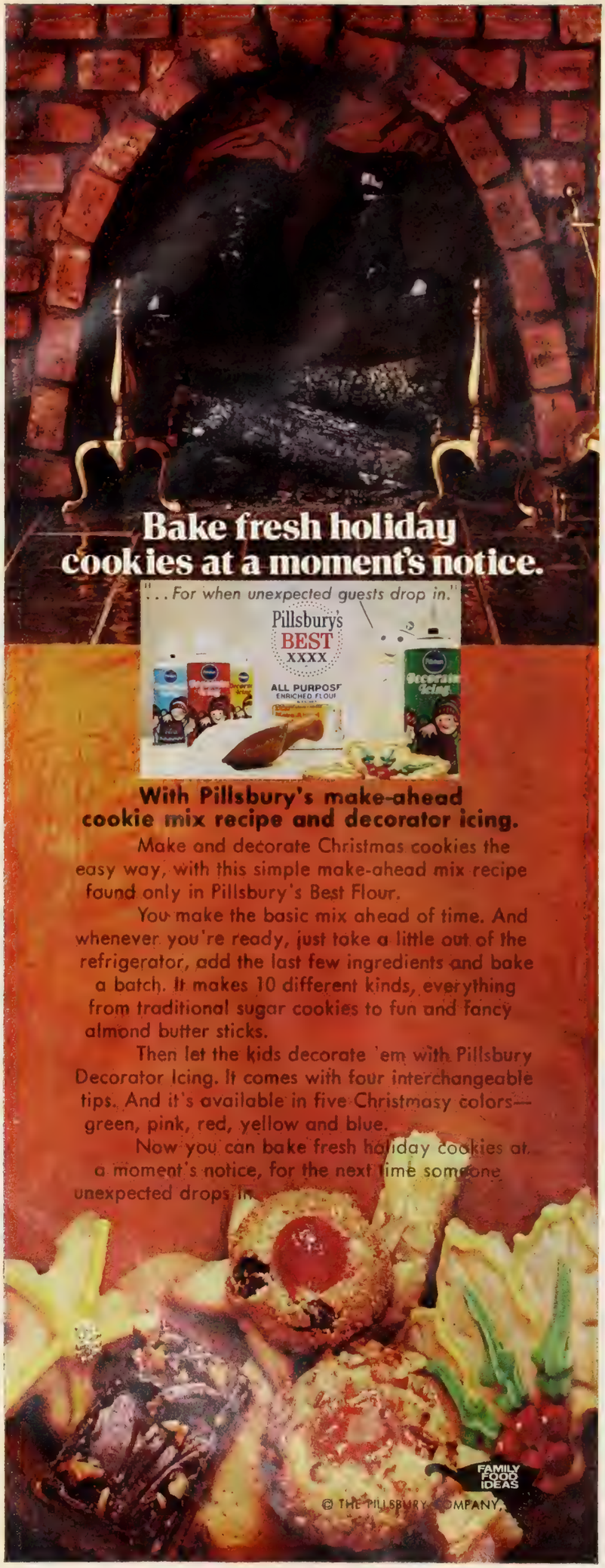
Fleischmann's Yeast. Bake someone happy.





FAMILY FOOD IDEAS

Another fine product of *Standard Brands*



continued

Holiday foods

with half of the hot Rum Glaze. When glaze is set, bring remaining glaze to boil and brush over cakes. Decorate with candied fruits and nuts, if desired. Makes 3 dozen.

To make Rum Glaze: In small saucepan, combine ¼ cup sugar, ¼ cup unsweetened pineapple juice, 1 tablespoon rum, and 1 teaspoon lemon juice; bring to boiling.

VERY FAST FRUITCAKE

1 package 2-layer-size spice cake mix
1 3¾- or 3⅝-ounce package *instant* lemon pudding mix
⅔ cup apricot nectar
¼ cup apricot brandy
½ cup cooking oil
4 eggs
1 cup (5 ounces) raisins
1 cup (8 ounces) candied pineapple
1 cup (4 ounces) chopped walnuts
1 cup sifted powdered sugar
2 to 3 tablespoons apricot brandy

In large mixer bowl, combine cake mix, pudding mix, apricot nectar, the ¼ cup apricot brandy, and the oil. Beat on medium speed of electric mixer for 2 minutes or till mixture is smooth. Add eggs, one at a time, beating well after each addition. Fold in fruits and nuts. Turn into well-greased and floured 10-inch tube pan. Bake in 350° oven for 50 to 55 minutes or till cake tests done. Cool 15 minutes in pan. Remove cake from pan; cool thoroughly on rack. Wrap; store in refrigerator 24 hours or more. Before serving, drizzle with a mixture of the powdered sugar and remaining 2 to 3 tablespoons brandy. Makes 1 cake.

MINCEMEAT MERINGUE PIE

1 18-ounce jar (1⅔ cups) prepared mincemeat
1 16½-ounce jar chunky-style applesauce
¼ cup packed brown sugar
3 beaten egg yolks
½ teaspoon grated lemon peel
1 tablespoon lemon juice
1 baked 9-inch pastry shell
3 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
⅓ cup granulated sugar

In saucepan, combine mincemeat, applesauce, and brown sugar. Bring to boiling; reduce heat. Simmer, uncovered, 15 to 20 minutes or till most of the liquid has evaporated, stirring occasionally. Stir a moderate amount of hot mixture into beaten egg yolks; return to saucepan. Cook and stir over low heat 1 to 2 minutes more or till very thick. Remove from heat; stir in lemon peel and juice. Spoon into baked pastry shell. Beat egg whites with vanilla and cream of tartar till soft peaks form. Gradually add granulated sugar, beating to stiff peaks. Spread meringue over hot filling, sealing to edge of pastry. Bake in 350° oven for 12 to 15 minutes.

FRUITED STEAMED PUDDING

Molasses in the batter makes the outside look very dark—

2 cups (8 ounces) fresh cranberries
1 cup raisins
½ cup chopped walnuts
½ cup snipped pitted dates
1⅓ cups all-purpose flour
½ cup light molasses
2 teaspoons baking soda
¼ teaspoon salt
⅓ cup boiling water
1 recipe Fluffy Hard Sauce

In bowl, mix cranberries, nuts, and dates. Add flour; well. Combine molasses, so and boiling water; stir in mixture. Pour into greased tube mold. Cover tightly w tie with string. Place on rack kettle; add boiling water to 1 inch around mold. Cove 1¼ hours, adding water i sary. Cool in pan 10 minu mold. Serve warm with Flu Sauce. Makes 8 servings.

To make Fluffy Hard Sa bowl, thoroughly cream ½ c ter or margarine, softened, sifted powdered sugar, and spoon vanilla. Beat 1 eg blend into creamed mixtur 1 egg white to stiff peaks. F butter mixture. Chill. Mak cups.

DOUBLE-DECKER PLUM PUDDIN

¾ cup shortening
1 cup sugar
3 eggs
2½ cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
½ cup milk
¼ cup brandy
3 cups soft bread crumbs (4 slices bread)
1 tablespoon cocoa powder
2 tablespoons molasses
1 tablespoon water
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground allspice
⅛ teaspoon ground cloves
1 cup (6 ounces) sliced pitted date
½ cup chopped walnuts
1 cup (8 ounces) chopped mixed candied fruits and peels
2 teaspoons grated orange peel
1 recipe Brandy Sauce

In large mixer bowl, cream sh ing and sugar; beat in eggs. S gether flour, baking powder, salt; stir into creamed mixtu ternately with milk and brandy in bread crumbs. Divide batt half (about 2¾ cups each). bine cocoa, molasses, water, spices; blend into half of h along with dates and nuts. Turn greased and floured 12-cup pan. Mix candied fruits and or peel into remaining batter. fully spoon over batter in pan. er tightly with foil. Set tube pa baking pan on oven rack. Pour water around mold to depth inch. Bake in 325° oven for 2 ho Let stand in mold 15 minutes; mold onto serving plate. Dri with some of the warm Bra Sauce. Pass remaining sauce. Ma 12 to 16 servings.

To make Brandy Sauce: In sau pan, combine ¼ cup cornstarch 1½ cups sugar. Stir in ¾ cup li cream. Cook and stir till thicke and bubbly. Remove from he Stir in 6 tablespoons butter or m garine and 3 tablespoons bran Makes 2¼ cups sauce.

CRANBERRY PECAN PIE

If edge of pie browns too quick cover with a strip of foil—

3 eggs
1 cup dark corn syrup
⅔ cup sugar

continue

Blue Bonnet Holiday Log.

It's easy. It's elegant. It's traditional.

Bring an old world touch to your holiday table with this traditional French Christmas Log Cake. It's as spectacular to taste as it is to look at.

This delightful treat for your family or holiday guests is easy to make. And you make it with Blue Bonnet® Margarine. Even European cooking experts couldn't tell the difference when Blue Bonnet was used in their most demanding recipes and almost unanimously agreed: "No Difference!"

Use the money-saving coupon, use the recipe and find out for yourself why even European cooking experts couldn't tell the difference between Blue Bonnet and their usual spread.



Holiday Log Cake.

Makes 10 to 12 servings

1 (15½ x 10½-inch) sponge cake roll (rolled from narrow end).
2 cups sweetened whipped cream.
Mint leaves.
Candied red cherries.
3 squares (1 ounce each) [illegible]
[illegible] cake and spread with sweetened whipped cream. Reroll and [illegible]

¼ cup Blue Bonnet Margarine.
1 tablespoon instant coffee.
⅛ teaspoon salt.
⅓ cup boiling water.
3 cups unsifted confectioners' sugar.

[illegible] mint leaves in half horizontally. Cut into small leaf shapes using [illegible] berries cut tiny rounds from candied red cherries. Set aside.

Melt chocolate in top of double boiler over hot water. Blend in Blue Bonnet Margarine, instant coffee, salt and boiling water; cool to lukewarm. Gradually mix in enough confectioners' sugar to make a soft, spreadable frosting.

Cover entire cake with frosting; mark with fork for a bark effect. Use leaves and berries to decorate log. Refrigerate until serving time.



10¢ 3561 STORE COUPON 10¢

SAVE 10¢

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continued

Holiday foods

4 tablespoons butter or margarine, melted
Dash salt
1 cup fresh cranberries, chopped
1 unbaked 9-inch pastry shell
1 cup pecan halves

In bowl, beat eggs with a fork just till blended. Stir in corn syrup, sugar, butter or margarine, and salt. Sprinkle cranberries in pastry shell, then arrange pecan halves atop. Pour syrup mixture carefully over pecans. Bake in 325° oven for 50 to 55 minutes or till knife inserted halfway between center and edge comes out clean. Cool.

EASY EGGNOG TARTS

1 3- or 3¼-ounce package *regular* vanilla pudding mix
1 envelope unflavored gelatin
Dash ground nutmeg
3 cups canned eggnog
¼ cup light rum
½ cup whipping cream, whipped
12 baked tart shells
Whole candied cherries

In saucepan, combine pudding mix, gelatin, and nutmeg. Add eggnog. Cook according to pudding package directions. Remove from heat; stir in rum. Chill till partially set. Turn into large mixer bowl. Beat with electric mixer till fluffy. Fold in whipped cream. Chill till mixture mounds. Pile into tart shells. Chill. Garnish with candied cherries. Makes 12 servings.

KRINGLA

½ cup butter or margarine, softened
1¼ cups sugar
2 egg yolks
1 cup buttermilk
3 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ to 1 teaspoon ground cardamom

In mixer bowl, cream together butter or margarine and sugar till light. Beat in egg yolks. Blend in buttermilk. Stir together remaining ingredients. Blend into creamed mixture; beat well. Divide dough in half. Wrap each half in waxed paper; place in freezer for 2 hours. Work with one half at a time, keeping other half of dough in freezer. Divide each half into 18 pieces. With floured hands, roll dough on floured pastry cloth into a rope about 9 or 10 inches long. (Dough will be soft to work with, so flour hands and surface often.) To shape, bring ends together overlapping slightly to form a loop; twist ends twice, then seal to center of opposite side forming pretzel shape. Place on lightly greased cookie sheet. Bake in 375° oven for 12 to 14 minutes or till lightly browned on bottom (tops will be pale). Repeat with remaining dough. Makes 3 dozen.

CROSTATA

3 cups all-purpose flour
½ cup sugar
3 teaspoons baking powder
Dash salt
1 cup butter or margarine
2 slightly beaten eggs
¼ cup milk
1 teaspoon vanilla
⅓ cup grape jam
⅓ cup apricot jam
⅓ cup strawberry jam

In bowl, stir together flour, sugar, baking powder, and salt. Cut in butter or margarine till mixture resembles coarse crumbs. Combine eggs, milk, and vanilla; add to dry ingredients and mix well. Knead gently on floured surface till smooth. Set aside ⅓ of the dough. On floured surface, roll remaining dough to 15x10-inch rectangle. Place in ungreased 15½x10½x1-inch baking pan. Spread each jam crosswise over ⅓ of the dough in pan (use apricot jam for middle strip). Roll remaining dough to 12x10-inch rectangle. Cut into ½-inch-wide strips. Carefully form strips into lattice top diagonally over jam-topped dough. Bake in 400° oven for 20 to 25 minutes. Makes 40 bars.

PEANUT BUTTER BONBONS

2 cups peanut butter
½ cup butter or margarine
16 ounces (4½ cups) sifted powdered sugar
3 cups crisp rice cereal
1 6-ounce package (1 cup) butterscotch pieces
1 6-ounce package (1 cup) semisweet chocolate pieces

In saucepan, melt peanut butter and butter or margarine. In large bowl, combine powdered sugar and cereal; pour peanut butter mixture over cereal mixture. Blend together with hands. Form into ½-inch b Chill till firm. Melt butterscotch pieces and chocolate pieces in se rate double boilers. Dip half candies in each coating, swir tops with back of teaspoon. P on waxed paper-lined baking sh Chill. Makes about 100 candies.

CRANBERRY OPERA FUDGE

This delicious fudge is not one make ahead—the cranberries start to water out—

2 cups sugar
½ cup milk
½ cup light cream
1 tablespoon light corn syrup
½ teaspoon salt
1 tablespoon butter or margarine
1 teaspoon vanilla
½ cup fresh cranberries, chopped

Butter sides of heavy 2-quart sau pan. In it combine sugar, mi cream, corn syrup, and salt. Co and stir over medium heat till m ture boils. Cook to soft-ball sta (238°). Immediately remove fr heat and cool to lukewarm (11 without stirring. Add butter or ma garine and vanilla. Beat vigorous till mixture becomes very thick a starts to lose its gloss, about 5 mi utes. Quickly stir in cranberries a spread in buttered 9x5x3-inch lo pan. Score while warm; cut wh cool. Makes 2½ dozen pieces.

WALNUT CARAMELS

1 cup butter or margarine
1 pound (2¼ cups) packed brown sugar
Dash salt
1 cup light corn syrup
2 cups light cream



½ cup chopped walnuts

Butter sides of heavy 5-quart Dutch oven. In it melt butter or margarine. Add brown sugar and salt; stir till thoroughly combined. Stir in light corn syrup; mix well. Gradually add cream, stirring constantly. Cook and stir over medium heat till candy reaches firm-ball stage (245°), about 30 to 35 minutes. Remove from heat. Place nuts in bottom of buttered 9x9x2-inch baking pan. Pour syrup over nuts. Cool; cut in squares. Makes about 2 pounds.

UDDIN' HEAD GINGERBREAD MEN

½ cup butter or margarine, softened
½ cup packed brown sugar
3¾- or 4-ounce package *regular* butterscotch pudding mix
1 egg
1½ cups all-purpose flour
½ teaspoon baking soda
1½ teaspoons ground ginger
½ teaspoon ground cinnamon
2 cups sifted powdered sugar
2 tablespoons frozen lemonade concentrate, thawed
Decorative candies

In mixer bowl, cream butter or margarine, brown sugar, and dry pudding mix. Add egg; beat well. Stir together flour, soda, ginger, and cinnamon. Stir into creamed mixture; chill. Roll dough out on floured surface to ⅛-inch thickness. Cut with 4-inch gingerbread man cutter. Place on ungreased cookie sheet. Bake in 350° oven for 6 to 8 minutes. Remove from pan. Cool on rack. In small bowl, stir together powdered sugar, lemonade concentrate, and enough water to make spreading consistency. Frost gingerbread men or use pastry tube to pipe on frosting decorations. Decorate with candies. Makes 2½ dozen.

MAPLE SHORTBREAD BARS

1¼ cups all-purpose flour
¼ cup sugar
½ cup butter or margarine
1 3½-ounce can (1⅓ cups) flaked coconut
⅔ cup maple-blended syrup
¼ teaspoon salt

In bowl, stir together flour and sugar. Cut in butter or margarine till mixture resembles fine crumbs. Press into 8x8x2-inch baking pan. Bake in 375° oven for 15 to 20 minutes. Combine coconut, syrup, and salt in small saucepan. Cook, stirring often, till coconut absorbs most of syrup, about 8 to 10 minutes. Spread over warm crumb mixture and return to 375° oven for 10 minutes. While warm, cut into small bars. Makes 2 dozen bars.

BUTTERY CASHEW BRITTLE

2 cups sugar
1 cup light corn syrup
½ cup water
1 cup butter or margarine
3 cups (about 12 ounces) cashews
1 teaspoon baking soda

In 3-quart saucepan, combine sugar, corn syrup, and water. Cook and stir till sugar dissolves. Bring syrup to boiling; blend in butter or margarine. Stir frequently after mixture reaches the thread stage (230°). Add cashews when the temperature reaches soft-crack stage (280°) and stir constantly till temperature reaches the hard-crack stage (300°). Remove from heat. Quickly stir in soda, mixing thoroughly. Pour onto two buttered baking sheets or two buttered 15½x10½x1-inch pans. As the candy cools, stretch it out thin by lifting and pulling with two forks from edges. Loosen from pans as soon as possible; turn candy over. Break up. Makes 2½ pounds.

PEANUT BUTTER SWIRLS

As you roll these cookies, pinch together the cracks—

½ cup creamy peanut butter
¼ cup shortening
1 cup sugar
1 egg
2 tablespoons milk
1¼ cups all-purpose flour
½ teaspoon salt
½ teaspoon baking soda
1 6-ounce package (1 cup) milk chocolate or semisweet chocolate pieces, melted and cooled

In mixer bowl, cream peanut butter, shortening, and sugar till light and fluffy. Beat in egg and milk. Thoroughly stir together flour, salt, and soda. Stir flour mixture into peanut butter mixture; blend well. Chill dough 1 to 2 hours till firm enough to handle. Divide dough in half. Roll half the dough on lightly floured cloth to 10x8-inch rectangle. Spread with half the melted chocolate. Starting at long side, carefully roll up jelly-roll style, using cloth to help roll. Repeat with remaining dough and chocolate. Wrap in waxed paper and chill 30 minutes. (Note: If cookie rolls are left in refrigerator to chill longer, the chocolate becomes very firm, making the dough difficult to slice.) Slice the cookies about ¼ inch thick. Place on ungreased baking sheet. Bake in 375° oven for 7 to 8 minutes. Makes 4½ to 5 dozen cookies.

CHRISTMAS CANDY MOLDS

Choose plastic candle molds to form the candy—

2 cups granulated sugar
1 cup light corn syrup
⅔ cup water
¼ teaspoon flavoring oil
Food coloring
Nonstick vegetable coating (aerosol spray)

Butter sides of heavy 2-quart saucepan. In it combine sugar, syrup, and water. Bring to boiling, stirring constantly, till sugar is dissolved. Cook to hard-crack stage (300°). Remove from heat; add desired flavoring and coloring. Cool to 200° to 202°. Meanwhile, spray inside of molds thoroughly with nonstick vegetable coating. Using heavy wooden spoon, push cooled thick syrup into molds, working quickly as candy will begin to harden. Cool till firm. Carefully remove candy from molds. Makes about 1 cup syrup.

POTATO LATKES

2 eggs
¼ small onion, cut up
4 medium potatoes, pared and cubed
3 tablespoons all-purpose flour
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon baking powder
Vegetable oil

continued



Fruitcake

er*
s Pillsbury Date
read Mix
ans (halves or chopped)
ins
or 13 oz.) candied cherries
ied pineapple cut in wedges
d flour bottom and sides of 12-cup
ed tube pan or 10-inch tube (angel
In large bowl, combine eggs and water. Add remaining ingredients; by hand, stir until combined. Pour into prepared pan. Bake at 350° for 65 to 75 minutes or until toothpick inserted in center comes out clean. Cool 30 minutes; loosen edges and remove from pan. Cool completely. To store, wrap tightly in foil or plastic; refrigerate. (If given as a gift, advise recipient to refrigerate.) If desired, glaze with warm corn syrup; decorate with candied fruits and nuts.

*Tip: If desired, substitute ½ cup of rum or brandy for ½ cup of the water (or add 2 tablespoons rum flavoring or brandy flavoring to the water).

The holiday fruitcake...it's easy with Pillsbury Bread Mixes.

1974

Registered T.M. of Northland Aluminum Products, Inc., Minneapolis, Minn.

continued

Holiday foods

Put eggs in blender container. Add onion and half the potatoes. Cover; blend just till potatoes are coarsely chopped. Pour into bowl. Add remaining potatoes to blender; blend just till coarsely chopped. Pour into a bowl. Add flour, salt, pepper, and baking powder; stir till combined. Drop by spoonfuls into well-oiled skillet, adding more oil as necessary. Cook on both sides till brown, about 2 minutes per side. Drain on paper toweling. Makes 2 dozen.

ROAST CAPON
7- to 8-pound capon
Salt
1 recipe Persian Matzoh Farfel Stuffing
¼ cup shortening
2 teaspoons paprika
½ teaspoon pepper

Salt cavity of capon and stuff with the Persian Matzoh Farfel Stuffing. Push drumstick under band of skin, or tie to tail. Place in shallow roasting pan. In a small saucepan, melt shortening. Remove from heat; add paprika and pepper. Pour this mixture over capon, coating bird thoroughly. Cover with loose cap of foil. Roast in 375° oven for 1 hour. Uncover; continue roasting 1 to 1½ hours, basting with pan drippings occasionally. Makes 6 servings.

PERSIAN MATZOH FARFEL STUFFING (FOR CAPON)
6 tablespoons vegetable oil or chicken fat
2 cups matzoh farfel
1 onion, finely chopped
1 cup dried apricots, chopped and soaked
½ cup raisins
1 teaspoon ground cinnamon
½ teaspoon salt
⅛ teaspoon pepper
2 or 3 tablespoons chopped chicken fat
1 beaten egg

In skillet, heat 3 tablespoons of the oil or chicken fat till very hot. Fry farfel in oil, stirring till evenly browned, about 10 minutes. Remove from skillet. Add the remaining 3 tablespoons oil or fat and heat. Fry onion till tender but not brown. Add apricots, raisins, cinnamon, salt, pepper, and chopped chicken fat. Add browned farfel. Remove from heat; add egg and mix well. Use to stuff capon. Makes 4 cups.

COLESLAW
1 medium head cabbage, finely shredded (4½ cups)
1 medium green pepper, thinly sliced
3 carrots, cut in thin julienne strips
1 tablespoon grated onion
¼ cup sugar
½ teaspoon salt
¼ cup white vinegar
2 tablespoons vegetable oil
Mayonnaise (optional)

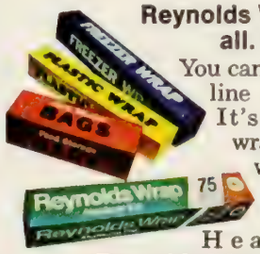
In large bowl, toss vegetables. Cover and chill. Before serving, combine sugar, salt, vinegar, and oil. Pour over cabbage. Toss well. Add mayonnaise, if desired, a tablespoon at a time, till creamy. Makes 5 cups.

POACHED PEARS IN WINE
6 small pears, pared
1½ cups water
1 tablespoon lemon juice
¾ cup sugar
2 cups red wine
2 inches stick cinnamon

Core pears, working from bottom and leaving stem end intact. Place pears in a mixture of the water and

For your busies use Reynolds Wrap®

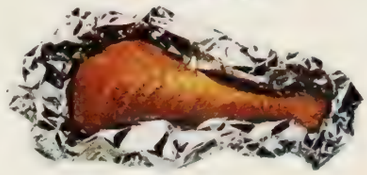
It's that time again. So stock up on Reynolds Wrap, the strong, versatile aluminum foil you can use so many ways, now and during the holidays. You can cook and bake in it. Heat up leftovers in it. Freeze holiday goodies in it. Even use it to wrap gifts. It's oven-tempered for flexible strength to resist tearing. Reynolds Wrap is the best wrap around, for your wrapping needs during the holidays—and all other days.



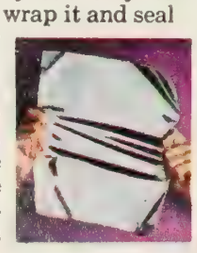
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Because it's aluminum, Reynolds Wrap helps maintain the temperature of food wrapped in it or covered with it. It helps foods stay fresher longer.

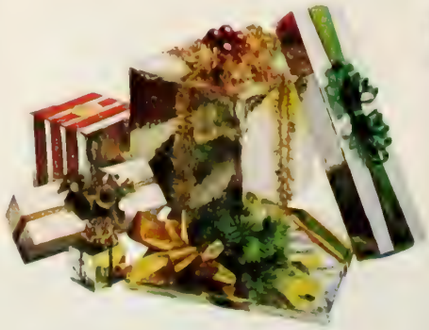




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We make a strong foil with a great resistance to tearing. And Reynolds Wrap is oven-tempered for flexible strength. That's why it's easy to work with. You can wrap it and seal it tightly to keep air out, so the food you wrap stays fresh. It's strong, versatile, dependable. Nobody can make aluminum foil like Reynolds Wrap. Remember, Reynolds Wrap is patented.



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Just double your favorite recipe. Serve one batch, freeze the second in Heavy Duty Reynolds Wrap. You'll have a frozen dinner ready to heat up, anytime you need it.



A beautiful gift wrap.
The silvery elegance of Reynolds Wrap makes any gift look richer. It's easy to wrap with because it's so strong and flexible. It shapes and seals around even hard-to-wrap packages.

Silver Bells
Use 3 empty ice cream or yogurt cartons in graduated sizes. Glue small wad of Heavy Duty Reynolds Wrap to bottom of carton. Wrap crushed foil around rim of carton and tape in place. Place length of foil, shiny side out, over top and mold down around carton, tucking foil up inside. Punch hole through top. Attach holly sprig to end of length of red yarn. Push other end of yarn through hole. Do same with smaller cartons. Tie yarn strands together at top and attach red bow.





HOLIDAY BAKED HAM

Serves 12 to 14
1 fully cooked smoked whole ham, (12 to 15 lbs.)
Heavy Duty Reynolds Wr
½ cup honey
1 cup orange marmalade
½ tsp. cloves
1 20 oz. can pineapple sli drained
maraschino cherries

Wrap ham completely in lon of Heavy Duty Reynolds Wr shallow roasting pan with Duty Reynolds Wrap, pla into it and roast at 350° hours. Remove from oven a back foil. In a bowl, mix honey, marmalade and clov ham with pineapple slices ten in place with toothpi center of slices with ma cherries. Spoon some of gl ham. Replace in oven and r other 20 min. Baste with re glaze and roast 20 min. mor ham on a platter garnish small bunches of frosted gr and blue grapes and holly

rap season, e best wrap around.



MERRY CHRISTMAS FRUITCAKE

Makes 1—10x4 inch tube cake

7 cups firmly packed chopped mixed dried fruits—(pitted prunes, figs, apricots, peaches, apples)
1 cup raisins
2 cups coarsely chopped walnuts or pecans
1½ cups fruit juice or brandy
Heavy Duty Reynolds Wrap
1 cup butter or margarine
1½ cups firmly packed brown sugar
4 eggs
3 cups sifted all-purpose flour
1 tsp. baking soda
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. ginger

In a large bowl, mix chopped dried fruits, raisins, walnuts, fruit juice or brandy. Cover with Heavy Duty Reynolds Wrap. Soak overnight.

Line a greased 10"x4" tube (or angel food cake) pan with Heavy Duty Reynolds Wrap. First cover bottom, then line sides with strip of foil. In a bowl, beat butter until soft and fluffy. Stir in brown sugar. Beat in eggs, one at a time. Stir in flour, baking soda, spices. Stir in soaked fruits, nuts and juice. Spoon batter into lined pan. Cover pan with foil, crimping edge to seal. Bake in preheated oven at 275°F. for 4 hours. Remove foil, raise oven to 325°F. Bake 30 min. more, or until brown.

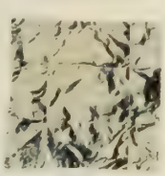
Cool cake in pan. Unmold. Overwrap cake in Heavy Duty Reynolds Wrap. Store in cool, dry place for 2 weeks before serving. To serve, strip off foil, decorate with candied cherries and candy spearmint leaves.



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The leading seller over all other foils and plastics.
Reynolds Wrap has been the leading household wrap for more than 25 years. Maybe it's because women know they get consistent high quality, roll after roll. As well as good value for the money. And Reynolds Wrap unconditionally guarantees complete satisfaction, or we'll refund your purchase price.

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37½ SQ. FT.
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lemon juice to prevent discoloration. Combine sugar, wine, and cinnamon; bring to boiling. Boil 5 minutes. Drain pears; add to wine mixture. Cover; cook gently till tender, about 10 to 12 minutes. Transfer pears to serving dish. Boil syrup till it has reduced to ¾ cup. Remove cinnamon stick. Pour syrup over pears; chill. Makes 6 servings.

CRESCENT ROLL STRUDEL
2 packages refrigerated crescent rolls (16 rolls)
¼ cup unsalted margarine, melted or vegetable shortening, melted
½ cup walnuts, ground
3 cups thinly sliced pared apples (3 large apples)
¾ cup raisins
½ cup sugar
2 teaspoons ground cinnamon
1 slightly beaten egg white

Unroll crescent rolls; lay rectangles side by side, overlapping slightly. On large, lightly floured cloth, roll evenly till dough is 24x16 inches; spread with margarine. Two inches in from one long side, spread nuts in a strip 3 inches wide. (Leave 1-inch margin at each end.) Top with apples and raisins. Combine sugar and cinnamon; reserve 1 tablespoon. Sprinkle remaining sugar mixture atop fruit. Gently fold in margins and fold 2 inches of dough over the filling. Pick up cloth behind filling. Slowly and evenly raise cloth, making the dough roll forward into a tight roll. Transfer strudel to ungreased baking sheet; form into horseshoe shape. Brush top with egg white; sprinkle with reserved sugar mixture. Bake in 350° oven 20 minutes. Cover with foil; bake 20 to 25 minutes more.

SUPHGANEYOT
(YEAST-RAISED DOUGHNUTS)
2 1-ounce cakes compressed yeast or 2 packages active dry yeast
1 cup warm water (110° to 115°)
4½ to 4¾ cups all-purpose flour
¾ cup granulated sugar
6 tablespoons margarine, softened
2 eggs
1 teaspoon vanilla
Vegetable shortening for deep-fat frying
Jam or jelly (optional)
Sifted powdered sugar

Dissolve yeast in the warm water; add 1½ cups of the flour to form a sponge. Cover; let rise till bubbly, about 45 minutes. Cream granulated sugar, margarine, eggs, and vanilla till fluffy and thick. Stir in yeast sponge and enough remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface. Knead till smooth, 5 to 8 minutes. Roll to ½-inch thickness; cut with floured 2½-inch biscuit cutter. Cover; let rise till almost double, about 1 hour. Heat shortening in deep-fat fryer to 375°. Fry doughnuts, a few at a time, about 3 minutes, turning once. Drain on paper toweling. If desired, fill doughnuts with jam or jelly using pastry tube. Dust with sifted powdered sugar. Makes 2 dozen doughnuts.

BARBECUED HAM BITES
1 cup soft bread crumbs (1⅓ slices bread)
¼ cup milk
1 egg
1 tablespoon chopped green onion
Dash pepper
3 cups (1 pound) ground cooked ham
1 13¼-ounce can pineapple tidbits

continued



Gifts you can make in less than an hour for less than $1 each.

Here are two no-fuss, no-worry recipes for homemade gifts you can make ahead. Then refrigerate or freeze in airtight containers till you're ready to use them. Kellogg's® Corn Flake Crumbs and no-fail Eagle® Brand make the making easy, sure and delicious. These two recipes make enough for 10 gifts of a dozen goodies each, so they're real timesavers.

MINI FRUITCAKES

Makes 6 gifts of one dozen each.

3 eggs, well beaten
1 can (14 oz.) Eagle Brand Sweetened Condensed Milk (not evaporated milk)*
1 jar (28 oz.) Borden None Such® Ready-To-Use Mince Meat
1 cup chopped nuts
2 cups Kellogg's Corn Flake Crumbs
½ cup regular all-purpose flour
1 teaspoon baking soda
36 candied cherries, halved

In large bowl, combine all ingredients except cherries. Line 1¾-inch cupcake pans with paper liners or use triple thick paper liners on cookie sheet. Spoon a level measuring-tablespoon of batter into each liner. Top each with cherry half. Bake at 300°F. for 20-25 minutes. Cool.

*Dime® or Magnolia® brands may be used

HOLIDAY CHERRY SQUARES

Makes 4 gifts of one dozen each.

1½ cups Kellogg's Corn Flake Crumbs
½ cup butter or regular margarine, softened
3 tablespoons sugar
2 cups miniature marshmallows
1⅓ cups (3½ oz. can) flaked coconut
¾ cup chopped maraschino cherries (10 oz. jar)
1 can (14 oz.) Eagle Brand Sweetened Condensed Milk (not evaporated milk)*
1 cup chopped nuts

In a 13x9x2-inch baking pan, combine Corn Flake Crumbs, butter and sugar. Press down firmly with back of spoon. Sprinkle marshmallows, coconut and cherries evenly over Crumbs crust. Pour sweetened condensed milk evenly over top. Sprinkle nuts evenly over condensed milk, pressing lightly into mixture. Bake at 350°F. about 25 minutes or until lightly browned around edges. Refrigerate before cutting. Makes about 48 squares 1½ x 1½ inches.



Gift Wrap Ideas: Save sturdy boxes and cans. Line with waxed paper or foil. Decorate with bright paper or Christmasy cut-outs, and give the prettiest, lovingest gifts in town.

FAMILY FOOD IDEAS

continued

Holiday foods

¼ cup packed brown sugar
2 tablespoons cornstarch
2 teaspoons instant chicken bouillon granules
1 teaspoon dry mustard
½ cup honey
⅓ cup vinegar

Combine crumbs, milk, egg, onion, and pepper in bowl; add ham and mix thoroughly. Drain pineapple, reserving syrup. Form meat mixture into balls around pineapple tidbits. Place in 15½x10½x1-inch baking pan. Pour Honey Glaze over all. Bake in 375° oven for 30 minutes. Keep warm in chafing dish. Garnish with additional pineapple tidbits, if desired. Makes 80 meatballs.

To make Honey Glaze: Add enough water to reserved pineapple syrup to make 1½ cups. In saucepan, combine brown sugar, cornstarch, chicken bouillon granules, and dry mustard; stir in pineapple syrup mixture, honey, and vinegar. Cook and stir till bubbly.

ITALIAN TUNA DIP

1 cup dairy sour cream
1 3¼-ounce can tuna, drained and flaked (½ cup)
¼ cup grated parmesan cheese
1 hard-cooked egg, chopped
1 tablespoon lemon juice
2 teaspoons dry Italian salad dressing mix
Sieved egg yolk
Paprika
Vegetable Dippers

In small bowl, combine sour cream, tuna, parmesan, the hard-cooked egg, lemon juice, and salad dressing mix; cover and chill. Sprinkle with sieved egg yolk and paprika. Garnish with parsley sprig, if desired. Serve with Vegetable Dippers: carrot sticks, celery sticks, red pepper rings, cauliflowerets, green onions, turnip slices, radishes, and zucchini sticks. Makes 1½ cups dip.

ARTICHOKE APPETIZERS

½ cup chopped onion
½ cup water
4 well-beaten eggs
¼ cup fine dry bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon dried oregano, crushed
2 or 3 drops bottled hot pepper sauce
2 cups (8 ounces) shredded natural cheddar cheese
2 6-ounce cans or jars marinated artichoke hearts, drained and finely chopped

Cook onion in water till tender, about 5 minutes; drain. In bowl, combine eggs, bread crumbs, salt, pepper, oregano, and hot pepper sauce. Stir in onion, cheese, and artichokes. Spread in greased 11x 7½x1½-inch baking pan. Bake in 350° oven for 17 to 18 minutes. Cut in 1-inch squares. Serve hot garnished with pimiento strips, if desired. Makes 6½ dozen appetizers.

DILLY AVOCADO BOATS

1 medium avocado
½ cup cream-style cottage cheese, drained
1 teaspoon lemon juice
¼ teaspoon salt
¼ teaspoon dried dillweed
Few drops onion juice
3½ to 4 dozen cherry tomatoes
Fresh dill sprigs

Halve avocado lengthwise. Remove seed; scoop out pulp. Place pulp in small mixer bowl. Beat at low of electric mixer till smooth. cottage cheese, lemon juice, dillweed, and onion juice. Be well blended. Make crosswis in top of tomatoes; sprinkle of tomatoes lightly with salt with avocado mixture. Chill. with dill. Makes 3½ to 4 d

GRANOLA POPCORN BALLS

1 quart popped corn (about 3 tablespoons unpopped)
2 cups (about 7 ounces) packaged granola with fruit
½ cup packed brown sugar
¼ cup light corn syrup
2 tablespoons butter or margarine
⅓ cup *sweetened condensed* milk
½ teaspoon vanilla

In buttered shallow baking combine popcorn and granol small saucepan, combine b sugar, corn syrup, and butt margarine. Stir well. Bring to ing over medium heat. Stir in densed milk. Boil gently, sti constantly, till mixture com soft-ball stage (234° to 238°) in vanilla. Pour over popcorn ture, stirring to coat. Form balls. Let cool. Makes 10 ba

SHERRY WINE CHEESE SPREAD

4 cups (16 ounces) shredded natural cheddar cheese (at room tempera
½ cup (2 ounces) crumbled blue che
4 tablespoons butter or margarine, softened
½ cup dry sherry
2 teaspoons dry mustard
Dash cayenne

In mixer bowl, combine che butter or margarine, sherry, tard, and cayenne. Beat till blended. Pack into lightly oil cup molds or into one lightly 3-cup mold. Cover tightly. Unmold and let stand at room perature 1 hour before serving. nish with lettuce. Serve with cr ers and fruit. Makes 3 cups.

PEPPY COCKTAIL NUTS

This salad seasoning comes 2¾-ounce shaker top jar and cheese, paprika, sesame, and py seed plus seasonings—

4 tablespoons butter or margarine
1 tablespoon worcestershire sauce
½ teaspoon bottled hot pepper sauc
1 tablespoon salad seasoning
1 teaspoon salt
½ teaspoon garlic salt
¼ teaspoon pepper
16 ounces shelled walnut halves *or* shelled whole almonds *or* shelled whole filberts

In 12-inch skillet with tight fi lid, combine butter or marga and remaining ingredients ex nuts. Stir over low heat till blen Add nuts, tossing to coat. C covered, over low heat for 20 utes, stirring occasionally. Coo paper toweling. Store in airtight Makes 4½ cups.

TACO CHICKEN WINGS

½ cup all-purpose flour
1 1¼-ounce envelope taco seasoning
3 pounds (about 16) chicken wings, tips removed and cut at joints
6 tablespoons butter or margarine
1 cup crushed corn chips

Combine flour and taco seaso mix in paper or plastic bag. A or 3 chicken pieces at a time shake to coat. Melt butter or garine in 15½x10½x1-inch ba pan. Place chicken in pan, tur once to butter surfaces, then ro corn chips and return to baking Bake in 350° oven for 40 to 45 utes. Makes about 32 pieces. ■



HICKORY FARMS of OHIO FOOD GIFT PAKS

uring this period of the year, husbands and wives ask each other, "What shall we give for hristmas?" They will find the answers at the local Hickory Farms of Ohio store. There ey will find a great array of food gift paks on display including the DELUXE HOLIDAY LASSIC pictured above. This gift box and the others will be ideal for individuals, couples d families. Selecting food gift paks will make shopping fun instead of a chore.

he food gift paks feature quality specialty foods including the exclusive BEEF STICK ummer Sausage and a number of the fine cheeses for which Hickory Farms of Ohio is mous. Such gifts are appreciated for quality foods appeal to everyone. See them on display.

AKE GIFTS WITH YOU OR WE WILL MAIL TO OUT-OF-TOWN RECIPIENTS





There are times when you couldn't
care less that Santa's the jolly old elf who flies
through the air to bring you toys.
All you want is down.



Kodak film. For the times of your lif

CALIFORNIA FOR CHRISTMAS



By Tony Swan

Christmas in California. Where he holly and the ivy give way to rimson fields of poinsettias and ne warm sunset glow of pyra- antha berries. Where traditional ee lights twinkle improbably mong the fronds of date palms. Vhere Good King Wenceslaus ould probably show up wearing oubleknit slacks. And it's just ne beginning of dungeness crab ason at Fisherman's Wharf.

Christmas in California. The ontrast of Yosemite's frosty intertime hush and the rich ageantry of its annual Brace- idge Dinner. The sudden eve- ng blossoming of boats in a ndred marinas up and down e coast, masts and stays strung ith pinpoints of fire. The tow- ing bulk of the National Christ- as Tree in Sequoia Park. And sions of sugarplums, courtesy the San Francisco Ballet.

Christmas in California. La lla with spruce wreaths. Dis- yland with carols. Currier and es on a surfboard. Santa Claus a swimsuit. A world gone into ft and dreamy focus. A charm- gly improbable wedding of two ristmas traditions—Spanish d American—in a sunny land at enhances both.

No matter where you and your mily go, Christmas away from me is an adventure, and a big rt of the fun is exploring and scovering on your own. But





California offers a number of holiday experiences you might easily miss in casual explorations. A few of the highlights follow.

The state's Spanish tradition is perhaps most visible in San Diego, California's birthplace, where the ghosts of the *Californios* still walk the streets of Old Town and the season's watchword is still *Feliz Navidad*. Although the bright decorations of the Harbor Island and Shelter Island hotels, and the transformation of Sea World's 320 foot sky tower into a stylized Christmas tree, have added a 20th-century dimension to San Diego's holidays, the focal point of the city's celebration is the Old Town *posada*.

Posada is a Spanish word meaning shelter, an inn, or place to stay. In the centuries-old Spanish and Mexican Christmas traditions, the *posada* became an intricate, ritualized reenactment of Mary's and Joseph's journey through Bethlehem, with processions, singing, and religious ceremonies. The San Diego *posada* is much less structured—just a few costumed players leading a huge band of candle-carrying carolers on a low-key tour of Old Town at 7 p.m. on December 23. The dialogue, which is scant, is in Spanish. It's a warm experience that anyone is welcome to share, and dinner at one of the







Scenes from the fantasy world of a San Francisco Ballet performance of "The Nutcracker."



many excellent Old Town area Mexican restaurants is a fine way to top it all off.

Another way to slip into California's Christmas past is to spend Christmas Eve in one of the state's 21 Franciscan missions. San Diego's Mission San Diego de Alcala, for example, has a midnight candlelight service, and nearby San Luis Rey stages an annual religious folk play, *Los Pastores,* with drama, song, and dancing. Most of the missions still hold regular services. The missions are scattered from San Diego to Sonoma along *El Camino Real,* The Kings Highway of old Spanish California.

The San Diego area is also headquarters for California's poinsettias. Thousands of acres between San Diego and Oceanside are devoted to the bright crimson plants, and in a good year you'll even be able to see them from I-5, the south coast superhighway. The Encinitas Chamber of Commerce offers organized poinsettia tours at $3.50 per head, but you can see the showy flower fields much more economically simply by foraging around on your own. The Encinitas area is the best hunting ground; try some of the byways on the east side of I-5.

The Los Angeles version of Christmas tends to be genially and unabashedly raucous. Where else but Los Angeles would Santa be as likely to be selling used cars as taking Christmas orders from boys and girls? In fact, during the holiday season the Los Angeles area has probably more Santas per capita than any other urban area in the nation. But all these pseudo St. Nicks—leaping from airplanes, ho-hoing in car washes, or "hangin' ten" at Malibu—just add to the fun.

The most recent additions to the L.A. holiday spectacle are La Fiesta de Los Angeles and La Fiesta de Los Angeles Grand Historical Illuminated Night Parade. Inaugurated two years ago, the parade was downtown L.A.'s first in over 25 years, partly because Angelenos had had difficulty agreeing on any particular section of the great, sprawling megalopolis as downtown, partly because downtown was also down-at-the-heels. But the ongoing and rapid rejuvenation of the downtown area has made the concept of a festival a popular one.

The 1974 festival will begin with the parade on December 14. Last year there were some 125 units in the parade and a crowd of more than 200,000 spectators. There were also giant balloon floats, common to East Coast parades but new in the West, as well as costumed representatives from Southern California's make-believe realms—Disneyland, Knott's Berry Farm, Magic Mountain, and Universal Studios.

This year the theme of the glittering parade is the 1849 California Golden Era, and emphasis will be on horse-drawn carriages and period costumes. The parade rolls from First and Broadway at 6 p.m. and travels south to Seventh Street, up Seventh to Hope Street where it winds up at about 7:30. Following the opening night, the festival continues through Christmas Eve with minstrels, mimes, ballet troupes, and carolers performing in various outdoor locations in the downtown area.

La Fiesta de Los Angeles Parade has an older and much more famous Los Angeles-area brother in the annual New Year's Day Tournament of Roses Parade, and if you're planning to see it you can save a lot of time and frustration by taking an enlightened approach. First, don't expect to come to Pasadena for a night or two, see the parade, then leave. Most area hotels and motels accept nothing less than a five-days' reservation at Rose Bowl time. (For that matter, most of California's metropolitan area hotels tend to be crowded during the holidays; be sure to have advance reservations.)





Carolers in a posada procession in San Diego.
Disneyland's electric dragon leads the Los Angeles Christmas parade.



A dressed-up Ghirardelli Square.

Another good idea is to see the floats and displays before or after the parade, then watch the parade itself on TV. The float barns are open to the public at no charge, and watching the floats being assembled can be a fascinating experience in itself. After the parade, the floats are taken to Victory Park, Sierra Madre Boulevard and Paloma Street, on Pasadena's northeast side, where they're on display through January 2. The floats get picked over quite quickly in Victory Park, so it's a good idea to get there as soon after the parade as you can.

If you're determined to brave the congestion to see the parade in person, it's wise to stake out a spot on the eastern marches of the parade route, along Sierra Madre Boulevard, where you'll encounter the least Rose Bowl traffic. Get there early—the parade (this year, baseball hero Hank Aaron will be Grand Marshal) moves out from its Orange Grove Boulevard and Ellis Street formation area at 8.30 a.m. And bring everything you'll need—snacks, soft drinks, etc.—with you, because almost all of Pasadena's stores will be closed. Watch the *Los Angeles Times* and Pasadena *Star News* for maps and routings to and from the area.

Despite the modern glitter of these two parades, Los Angeles also manages to remember its earliest holiday heritage with Mexican-style *posadas* on Olvera Street in the L.A. Old Town, El Pueblo de Los Angeles. This year's *posadas* will be held nightly from December 16 through Christmas Eve.

A look at the more authentic Mexican Christmas tradition, however, is to be found in Claremont, one of Los Angeles' smaller neighbors, at the Padua Hills Theatre production of *Las Posadas*. The play, which enters its 43rd season this year, includes a fine array of authentic and rarely seen Mexican folk dances and songs, as well as a slice of a medieval Nativity play still performed in parts of Mexico. Costumery is colorful, and the cast, all from Mexico, excellent. The Nativity play is dominated by the visible presence of Good and Evil, culminating in wild swordplay between the Archangel Gabriel and El Diablo himself.

The production runs from mid-November through the first week of January. A good way to see *Las Posadas* is to enjoy dinner—complete with musical entertainment by the performers—at the theater beforehand. For schedules and ticket information, write the Padua Hills Theatre, Claremont, California 91711.

Some musical dates to mark on your Los Angeles Christmas calendar are December 19, 20, 21, and 22. On Saturday, the 21st, the distinguished Los Angeles Music Center (135 North Grand, Los Angeles 90012) presents "Joys of Christmas," featuring the Los Angeles Master Chorale conducted by Roger Wagner. The performance is at 8:30 p.m. in the Dorothy Chandler Pavilion. Tickets are from $3 to $7.50. On the 19th and 20th at 8:30 p.m., and at 3 p.m. on the 22nd, the Los Angeles Philharmonic performs with the Master Chorale at the Dorothy Chandler Pavilion. The program will be Bach's Christmas Contata, Stravinsky's Symphony of Psalms, and the Mozart Mass in C Minor. James Levine will be the orchestra's guest conductor, and Roger Wagner will conduct the Chorale. Tickets are from $2.75 to $8.75.

On a more spectacular scale is the December 24 daylong Los Angeles County Christmas Music Program, headed for its 15th renewal this year. The program, which runs from nine to nine, includes organ music, children's and adults' choirs, a youth symphony orchestra, a youth band, and a youth chamber ensemble. It's also held at the Music Center, and parking and admission are free.

Christmastime in San Francisco is almost subliminal—at least at first glance. Spruce trees decorated with sedate red bows are spotted here and there, Union Square gets a generous ration of colored lights, as well as twice its usual complement of street musicians, and carolers make the cars of the Powell Street cable lines even more fun to ride.

But much of the magic of San Francisco at Christmas is indoors: in the downtown department stores, in the rabbit warren of shops and boutiques in Ghirardelli Square (a former chocolate factory) and the old Cannery, in the hotels, and, most particularly, in the San Francisco War Memorial Opera House, which also doubles as home for the San Francisco Ballet.

A department store that's sure to score with the kids is The Emporium, at 835 Market Street. From November 10 through Christmas Eve a rooftop carnival operates daily atop the store, and there are several free ice shows each Saturday in The Emporium auditorium (call 982-1111, ext. 499 for details). For sheer glitter, stop in at Podesta Baldocchi, a couple blocks north of Union Square at 224 Grant Avenue. This famous florist shop is transformed into a fairyland of lavishly decorated trees each year, and thousands of San Franciscans have made Podesta's a regular part of their downtown Christmas itinerary.

Another favorite is the annual caroling festival in the lobby of the stately old Fairmont Hotel, atop Nob Hill. During the week preceding Christmas, a dozen caroling groups appear in relays to brighten the lobby with their singing. A variation of this is the Christmas Carol Garden Court Luncheon at noon on December 24 at the Sheraton Palace Hotel (Market and New Montgomery Streets), with a large choir entertaining (392-8600 for details).

The San Francisco Ballet's annual production of *The Nutcracker* is one of the loveliest anywhere. Performing 28 times during its December 14-January 5 run at the War Memorial Opera House, *The Nutcracker* is a must for a San Francisco holiday visit. Advance reservations are a good idea. You can write for them to the San Francisco Ballet Associa-



Costumed players of the San Francisco Dickens Fair . . . and the Oakland Children's Pageant.





tion, 378 18th Avenue, San Francisco 94121. Ticket prices start at $3.75 for a balcony seat, and go up to $6.75 for orchestra or grand tier.

The San Francisco Symphony is busy during this season as well, with its special annual Holiday Concert (December 18, 19, and 20, Seiji Ozawa conducting) and New Year's Eve Concert (December 30 and 31, Franz Allers conducting). There are usually tickets available close to the performance dates, but advance reservations are insurance against disappointment for out-of-towners. Write the Sherman-Clay Box Office, 141 Kearny Street, San Francisco 94108.

An annual San Francisco musical event sure to delight the youngsters in your entourage is the Children's Opera production of *Santa Claus' Beard,* held in the Roosevelt Auditorium at 460 Arguello Boulevard (phone 386-9622 for details). *Santa Claus' Beard* is performed just once, usually on a Sunday in mid-December; this year, it's Sunday, December 15.

Another event that falls into the "must see" category is the Great Dickens Christmas Fair and Pickwick Comic Annual, a mad mini-world in a warehouse that is not only entertaining but convenient for getting in some unique Christmas shopping. The fair, produced by the same group that puts on the twice-annual outdoor Renaissance Pleasure Faires, recalls the London of Charles Dickens' day, with a large number of costumed players on hand to enhance the mood. Several theaters, such as Miss Worthington's Society for the Elevation and Edification of the Workingman Lecture Hall, the Grimaldi Stage, and the Penny Gaff Theatre, go full time. There's a delightful array of nosheries—steak and kidney pie, pirozhkis, bouillabaisse, fish and chips, meat and spinach pie—to keep you from getting faint, and several pubs to allay thirst. Handcrafts on sale at the fair are first-rate, everything from weaving to pottery to leather goods to stained glass. For the small children, there's a traveling Punch 'n Judy show, as well as the Story Corner and Penny Theatre where you can park young ones for a while.

Now in its fifth season, the fair generally opens the last weekend in November and runs every weekend after that through December 29. It's more fun if you come in costume, and be sure to bring an appetite. For details on this year's fair, write Theme Events Ltd., 3440 Clay Street, San Francisco 94118.

One of the San Francisco Bay area's longest standing holiday traditions is the Oakland Children's Christmas Pageant, set for its 48th revival December 7 and 8 in the Oakland Municipal Auditorium. The pageant, first held in 1919, is a fine family event, with some 1,700 costumed children participating in a 20-scene dancing and singing production. The children are drawn from 65 area schools, and none of them even see their costumes until opening night, yet through some logistical miracle wrought by the Oakland Parks and Recreation Department the pageant always goes smoothly and never fails to delight its audience.

An especially magical California Christmas awaits visitors at Yosemite National Park. During December the Yosemite Valley weather is usually quite mild, cold enough for snow but warm enough so that access routes remain open. It's a fine time for a family visit—the heavy, oppres-







Christmas comes to California's marinas in thousands of lights.

The magic world of the Oakland Children's Christmas Pageant.



Photographs: Fred Lyon, Jo Sommers, Tony Stone

sive congestion of summer is gone, skating and skiing add an exhilarating dimension to outdoor activities, and there is the special bonus of the Bracebridge Dinner.

Based on a Washington Irving account of a Renaissance-style Christmas celebration in Yorkshire, the dinner is a beautifully costumed pageant that's been an Ahwahnee Hotel fixture since 1927. Costumed lackeys bear in the presentations—the Fish, the Peacock Pie, the Boar's Head, the Sirloin of Beef, and the Wassail Bowl—for Squire Bracebridge's approval, to the rafter-ringing accompaniment of the Bracebridge Singers. Professional actors from the San Francisco Bay Area play the principal roles in the pageant, while lesser roles are portrayed by Yosemite residents. The text is by famed photographer Ansel Adams.

The dinner is held Christmas Day in two seatings of 350 each. However, if your plans for this Christmas include Yosemite, your chances of getting a reservation for the immensely popular $40 dinner are slim to none. Reservation requests, by mail only, should arrive in Yosemite on and not before the second Monday in January for the following December. The dinner is usually booked within a week. You should plan on being a guest at either the Ahwahnee Hotel or Yosemite Lodge (minimum holiday stay is four nights), although a limited number of reservations for the dinner only will be taken. But even if you can't get dinner reservations, don't miss the Christmas Eve Yule Log ceremony at both the Ahwahnee Hotel and Yosemite Lodge. White-clad, holly-wreathed druids bear in the log in a show open to all. For details on the dinner, write the Ahwahnee Hotel, Reservations, Yosemite Park & Curry Company, Yosemite National Park, California 95389.

For the skiing family, a holiday in California means a trip to one of the great downhill supermarkets of the West. In northern California, there's the lure of the Lake Tahoe area; in the south, it's the San Bernardino Mountains, just 90 minutes from Los Angeles. However, as you might imagine, the holiday season sees California ski slopes awash with their heaviest traffic. Some ways of beating the crush: avoid weekend outings; get an early start; or, for a fresh experience, try some night skiing. About a half-dozen ski areas in the Lake Tahoe region offer night skiing, and one, Boreal Ridge, turns it into a holiday spectacular with a torchlight parade on skis during Christmas week; for specifics on the date and time call (916) 587-3681, or write Boreal Ridge, P.O. Box 39, Truckee, California 95734.

One other peculiarity of Christmas in California is lighted boat parades. Although every marina in the state sprouts at least a few decorations, there are three processions that stand out: at San Pedro and Naples, in the Los Angeles area, and Mission Bay, in San Diego. What you'll see in each parade is at least a hundred boats colorfully electrified in as many themes. The San Pedro Parade of Lights, set for December 14, is the largest. The Naples parade, in Long Beach, is the oldest, and will run two nights, December 14 and 15. The Mission Bay procession is also set for December 14.

For specifics on the parades and for other details to help you plan a California holiday, you can write to the San Diego Convention and Visitors Bureau, 1200 West Third, Suite 824, San Diego 92101; the Southern California Visitors Council, 705 West Seventh Street, Los Angeles 90017; the San Francisco Convention and Visitors Bureau, 1390 Market Street, San Francisco 94102; or the California Division of Tourism, 1400 Tenth Street, Sacramento 95814. ■



Give your dog something to smile about.

Hold up a "Say Cheese" treat in front of your dog and watch his ears perk up, his eyes light up, his tail start wagging. And watch him smile—smile for our crispy crunchiness—smile for our mouth-watering cheese flavor—smile because he loves you.

P. S. For broader smiles, try "People Crackers"—French's famous treats shaped like the people in a happy dog's life.

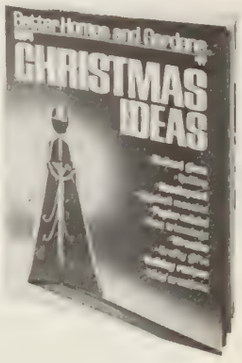
How to order material from the magazine



Needlepoint creche: A complete set of full-size color-keyed patterns for the eight needlepoint crèche figures shown above is available for $2.50. Easy-to-follow needlepoint and assembly instructions are included.



Wooden toys: You can orde ect plans for the six wood shown above with the coup low. Each plan includes a required materials, co working drawings, and d assembly instructions.



Christmas Ideas: Are you l for new ways to make Chi more meaningful this Christmas Ideas may be yo source of inspiration. Eac has over 150 pages showi how to make everything yo for celebrating Christmas— rations, gifts, special h foods, festive table s needlepoint, crafts for ev in the family, and much mo der your issues today an the best Christmas ever!

Send order to:
Better Homes and Gardens,
Dept. 2M1, Box 374,
Des Moines, Iowa 50336

OUR GUARANTEE:
Money back if not complete satisfied.

Please send me the following:

- ☐ No. 01193 Needlepoint crèche patterns $2.50 plus 50¢ age and handling
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- ☐ No. 18101 Christmas Ideas 1974 ☐ No. 18081 Chris Ideas 1973
- ☐ No. 18061 Christmas Ideas 1972 ☐ No. 18043 Chris Ideas 1971

All Christmas Ideas annuals are $1.50 each; 2 for $2.75; all for $5.00 plus 35¢ postage and handling for each annual ord

- ☐ No. 04214 Project Plans Catalog 50¢
- ☐ 13911 Reprint of December 1974 cover suitable for fra $1.00 each

Total of merchandise $_____
Postage and handling $_____
Residents of CA, IA, IL, and NY, please include sales tax.
Total $_____

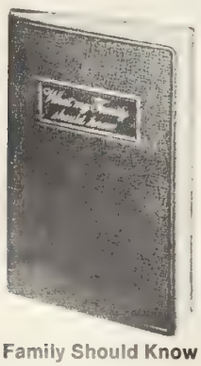
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Expiration Date Month/Year | Master Charge Interbank No.

Credit Card No.

Name_____
Address_____
City_____ State_____ Zip_____

Keep track of family data



What My Family Should Know
Contains pages to record all vital information on your insurance policies, real estate holdings, investments, social security, bank accounts—what you own, who to contact. Measures 8″x4⅞″; 64 pages. Durable; ring bound to fold flat for easy use. Order two: one for your safe deposit box, one for home.
No. 13916 $1.95 each; 2 for $3.50



Household Inventory Book
Keep inventory records easily and accurately. You can itemize room by room, cost by cost in this notebook—an excellent method of recording your personal possessions for insurance purposes. Measures 9″x4¼″ spiral bound—fits perfectly into your safe deposit box. Order another for updating at home.
No. 13914, $1.95 each; 2 for $3.50

Please send me the following:
How Many

_____What My Family Should Know, No. 13916, $1.95 each; 2 for $3.50
_____Household Inventory Book(s), No. 13914, $1.95 each; 2 for $3.50

Please include postage and handling ($.25 for one or two, $.50 for 3 or more).

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Box 374, Des Moines, Iowa 50336

Name_____
Address_____
City_____
State_____ Zip_____

for rs

our family with a course occasionally. the elegant party air an everyday family

n some pretty mugs vls to make the soup interesting.
ne soup to the table in ondue pot, large tu- nfing dish. Let every- out his own portion. you're short on time, ng two or three dif- rs of canned soups. up your first-course a variety of soup Float croutons or ry grated parmesan wedges of process rican cheese. How l egg yolk, shredded or toasted almonds? e serving an ethnic n with that country's course. For exam- ght serve New En- chowder, Greek lem- umbo, Oriental hot oup, French onion , or Senegalese soup.



Photograph, Dieter

NE-UP
inner an occasion—
o juice
l celery
onion

es
tled hot pepper

sed beef broth
hite wine
lemon, halved

n, combine tomato , onion, bay leaf, hot pepper sauce. oiling; reduce heat. simmer 20 minutes. discarding season- to saucepan; add ine; return to boil- halved lemon slice l. Serve with crack- servings.



Gobbler Goulash
Turkey Incognito
Turkey Chow Ramen
Turkey Top Ramenoff
Roman Ramen
Turkey Parmesan-San

What to do with the turkey who came to dinner and stayed all week.

What? You didn't serve turkey this year? Never mind. Just start with Top Ramen, then add the last of the ham. Or yesterday's roast. Or seafood. Or whatever's left in the fridge. Or vegetables and egg.

Our versatile Oriental noodles cook in just 3 minutes and come in 4 savory flavors. Beef. Pork. Chicken. And, not surprisingly, Oriental. And the price is surprisingly nice. Send for our Top Ramen recipe folder titled, "Man Does Not Live By Noodle Alone." It's free, when you write to: Nissin Foods, 2001 W. Rosecrans, Gardena, CA 90249.



Nissin Foods, Gardena, CA 90249

Top Ramen
Seasoned Oriental Noodles
Play around with it.

OUR CELLARMASTER'S NOTEBOOK

What is Port? And when?

BROTHER TIMOTHY, OUR CELLARMASTER, TALKS ABOUT THE DISCOVERY OF A WINE—AND OFFERS SOME NEW IDEAS ABOUT REDISCOVERING IT.

WINES HAVE been a symbol of hospitality for centuries. Rich, fruity wines have been particular favorites because they can be offered to guests on so many occasions. Port is one of the finest entertaining wines—though historically, its reputation has varied from a rollicking tavern drink to one with quite lofty airs.

WE ARE INDEBTED TO PORTUGAL FOR THE NAME

According to wine historians, toward the middle of the 17th century, a pair of young English wine merchants visiting Portugal found the red wines of Oporto most appealing. They shipped them back home by the cask—for it was not until near the end of the 18th century that winemakers discovered how to use cork and introduced the custom of shipping wines by bottle. It was customary to refer to wine by its place name—but the English shortened it to "Port."

FROM PUBS TO POLISHED MAHOGANY

The first "Ports" were apparently not too palatable—however, laced with sugar and hot water, the wine caught on and became a favorite of the people. Several generations of English authors added to its appeal. "Port is our noblest legacy," penned George Meredith in the 18th century.

Gradually, the method of producing Port improved, and the custom of serving it changed in keeping with the taste of the time. By the late 19th century, Port was the after-dinner drink of the fashionable. We are left with a picture of ladies retiring to the drawing room, while the men settled down to cigars and Port. It is a pleasant picture,



Port was a favorite drink in 18th century coffee houses.

but unfortunately gives Port a formality that doesn't fit with today.

WHAT IS CALIFORNIA PORT?

Pioneer California winemakers brought a taste for these wines from their homelands. They also brought the vines to make them. And they named them "Port." These were enjoyed as dessert wines, much in the same manner as their namesake.

We were among the earliest California vintners, starting in 1882 to make wines. Along with others, we, too, made Ports.

These richer, fruitier wines come from the vineyards near our Mount Tivy winery in the hot, dry Central Valley. Noble, pedigreed grapes from other lands, such as the Tinta Madeira of Portugal, thrive here in this climate, and have taken on new, luscious characteristics. At harvest time, we select a variety—often as many as nine—to make our Port wines. After a leisurely time in old wooden casks in our cellars, wines are blended for individual styles.

We proudly invite you to enjoy o California Ports—wines that taste of blessed with sun and soil—a taste me for today.

OUR CALIFORNIA PORT COME IN FOUR STYLES

We offer four individual styles of Por from The Christian Brothers' cellars. range in color from deep ruby to rich hues. Their premium quality and flav comes from our own selection of gra the skill of our wine maker. Your ow is your best guide to which one you p Here is a brief description of each:



RUBY PO

This wine is disti by its splendid, bri hue. Fruity and fr with the taste of s ripened grapes. A sipping wine—an favorite for recip



TAWNY PO

A lighter wine th in both body and is fully mellow an with the characte reddish brown ca wine makers call



TREASURE

This is a rich and wine, and is popu after dinner drin unique, tantalizi a fine tawny colo good bouquet—r cent of the grape



TINTA CREA

A special favorite Created from wi Tinta Madeira gr have shown disti character. The ca set aside till the extra luscious an Only a limited a bottled each yea





TIPS ON WHEN AND HOW O SERVE OUR PORTS

premium California Port wines heir rich, fruity flavor after -that is why the bottles have the pull cork closure. Their handsome ke our Port wines especially n decanters, and the glass to use n the occasion.

use of their natural rich, full- vor, our Ports are traditionally afternoon or after-dinner wines— your taste is your best guide. over ice, or chilled. Offer them ses, fruits, salted nuts, or cakes. will also find the flavor of is good ecipes. nt with inade ues ste a s, n



Grapes for our Port wines are selected for choice quality.

good dessert—so is dried fruit, overnight.

a few tablespoons of Port to gravies s—you will find the flavor quite g. There are dozens of other uses wines—as your grandmother knew. you'll enjoy rediscovering them.

Brother Timothy F.S.C.

master, The Christian Brothers, Napa Valley, California





More wheat germ means more flavor.



It's a fact. Wheat Hearts has more wheat germ than any other hot cereal. And that makes it more than nutritious—it's also uniquely delicious. Bold and robust. Because wheat germ gives Wheat Hearts a natural, toasted, nut-like flavor that other hot cereals just don't have. What's more, we've added B vitamins and iron, but no preservatives. So, for a healthy, hearty start on the day, have a delicious, wheaty bowl of Wheat Hearts. Promise?

Wheat Hearts makes great pancakes, cookies and more! Recipes are on each box.

Wheat Hearts.

More wheat germ than any other hot cereal.

Homemade bread, anytime

Here's how you can serve some homemade bread on the spur of the moment. When you have a little extra time on your hands, bake and freeze a batch of Brown-and-serve Whole Wheat Bread or Raisin Drop Biscuits. To serve, just reheat the frozen bread briefly. Your family will agree the warm-from-the-oven bread smells and tastes just as though it was freshly baked.





Photographs

BROWN-AND-SERVE WHOLE WHEAT BREAD

Make five mini loaves and two dozen rolls from just one recipe—

6½ to 7 cups all-purpose flour
4 packages active dry yeast
⅔ cup nonfat dry milk powder
½ cup packed brown sugar
2 tablespoons salt
6 tablespoons butter or margarine
4 cups warm water (115° to 120°)
4½ cups whole wheat flour

In large mixer bowl, thoroughly stir together 4 cups of the all-purpose flour, the active dry yeast, nonfat dry milk powder, packed brown sugar, and salt. Stir butter or margarine into warm water till butter is melted; add to flour mixture. Beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed.

By hand, stir in whole wheat flour and enough of the remaining all-purpose flour to make a moderately stiff dough. Turn out on lightly floured surface; knead dough till smooth and elastic, about 10 to 12 minutes. Place in greased bowl, turning once to grease surface. Cover and let rise in warm place till double. Punch dough down; divide in half.

Divide one-half of the dough into 5 portions. Cover; let rest 10 minutes. Shape each portion into a loaf; place in greased 4½x2½x1½-inch loaf pans. Shape remaining dough into 24 rolls. Cover loaves and rolls; let rise in warm place till double, about 20 to 25 minutes. Bake loaves in 325° oven for 20 to 25 minutes; bake rolls in 325° oven for 1[illegible] 15 minutes. *Do not brown.* C[illegible] loaves and rolls on racks. W[illegible] label, and freeze loaves and ro[illegible]

When ready to use, unw[illegible] loaf or rolls slightly. Thaw[illegible] room temperature 10 to 15 m[illegible] utes. Unwrap completely; p[illegible] on baking sheet. Bake in 4[illegible] oven till golden brown, 5 to[illegible] minutes. Makes 5 mini lo[illegible] and 2 dozen rolls.

MINI RAISIN DROP BISCUITS

Tightly wrap breads for free[illegible] in foil, freezer wrap, or free[illegible] weight plastic bags—

4 cups all-purpose flour
½ cup sugar
6 teaspoons baking powder
2 teaspoons salt
⅔ cup shortening
2 cups raisins
1 teaspoon grated orange peel
2 beaten eggs
1½ cups milk
2 tablespoons butter or margarine
3 tablespoons sugar
¼ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg

Thoroughly stir together all-[illegible]pose flour, the ½ cup sugar, [illegible]ing powder, and salt. Cu[illegible] shortening. Add raisins and [illegible] mix lightly. Combine eggs [illegible] milk. Add to flour mixture, [illegible]ring to blend. Fill 48 gre[illegible] 2-inch muffin pans ⅔ full. [illegible] in 400° oven 15 to 20 min[illegible] Remove from pans; cool. W[illegible] label, and freeze in packag[illegible] one dozen. Makes 4 dozen[illegible] cuits.

To heat 1 dozen biscuits: [illegible] frozen biscuits in shallow ba[illegible] pan. Sprinkle lightly with w[illegible] Cover with foil. Bake in [illegible] oven for 15 minutes. Meanw[illegible] prepare *Spicy Topper:* In [illegible] saucepan, melt the 2 tablesp[illegible] butter or margarine. Combin[illegible] 3 tablespoons sugar, ¼ teas[illegible] ground cinnamon, and ⅛ [illegible] spoon ground nutmeg. Dip [illegible] of warm biscuits in melted [illegible] ter, then in sugar mixture.

Six sassy sauces to perk up everyday meals.



Aunt Penny has your old favorite sauces–Hollandaise, Cheese and White Sauce. Now she'd like to introduce you to three brand new sauces–delicious Marinara, Spaghetti and Pizza Sauce. They're all easy to prepare and easy on your pocketbook. So try these six sassy sauces soon. Your everyday meals will never be the same.

With Aunt Penny's, you've got it made.

Working window walls

Photograph: Warren Reynolds. Interior designer: David Peterson. Stylist: Barbara Gurder



This window seat was designed to hide an old radiator. The base of ¾-inch plywood is big enough to display plants and accessories. The recessed section holds a thick, button-tufted pad. To blend a built-in into the rest of your room, paint it the same color as the walls. Keep the window treatment simple and easy to care for.

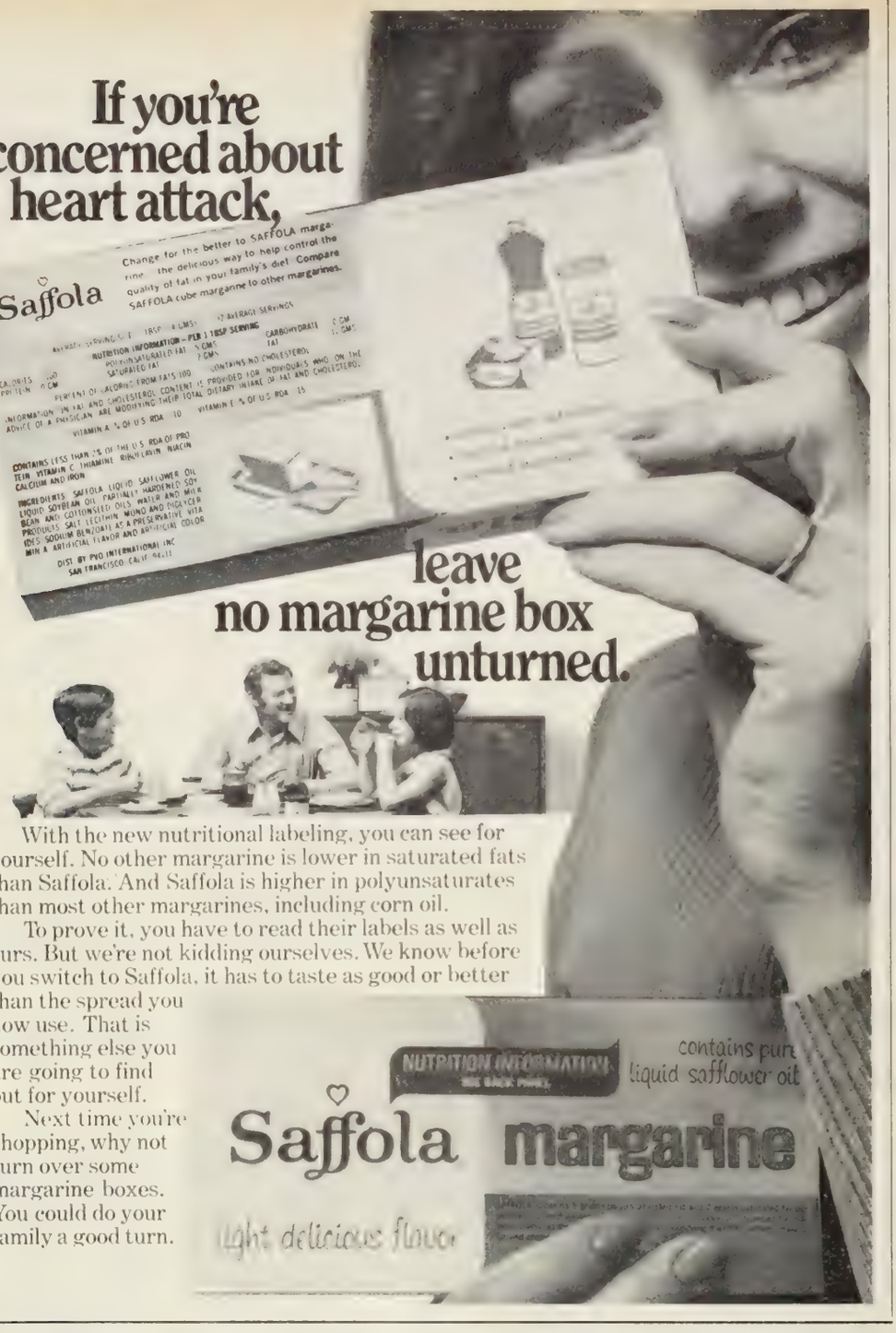
Photograph: David Phillips. Architect: Nelson and Eggen. Stylist: Elizabeth Lunt



Put an empty window wall to work by installing a storage unit. Build a ¾-inch plywood base in sections so you can move it to another room or another house if you like. Cushion the center section as shown with foam and upholster it to match other pieces in the room. To increase storage capacity, set portable bookshelves on top of the built-in base.

If you're concerned about heart attack,

leave no margarine box unturned.



With the new nutritional labeling, you can see for yourself. No other margarine is lower in saturated fats than Saffola. And Saffola is higher in polyunsaturates than most other margarines, including corn oil.

To prove it, you have to read their labels as well as ours. But we're not kidding ourselves. We know before you switch to Saffola, it has to taste as good or better than the spread you now use. That is something else you are going to find out for yourself.

Next time you're shopping, why not turn over some margarine boxes. You could do your family a good turn.

Photographer: Pat Lisanti. Designer: Connie Healy. Scout: Abbey



Above: Here is one way you can ne camouflage an irregular ceiling and c unsightly air ducts. This storage/sea unit houses a stereo set and hides speakers behind curtained panels. The has additional storage. Simply ren cushions and lift the lid.

Photographer: Lisanti. Designer: Bloomingdale's, Ne



Above: With book bays such as these can pack lots of paraphernalia per s inch into limited floor space. The U-s shelves are ¾-inch plywood, ena white. The look is geometrically si just right for the traditional styling capsule-size library/den/home offic

Built for books

A large collection of books can be an eyesore or a decorative asset to a room. It all depends on how you choose to organize them. If you need some ideas for displaying your books and bibelots, here are three possible solutions.

Right: Books, paintings, pottery—anything and everything goes on wall-wide shelves that wrap around a room. Here, an interesting arrangement of niches and shelves fits snugly over a woven straw wallpaper background. The unit, made of ¾-inch veneer-faced plywood, is also easily adaptable to other furniture arrangement

Photographer: Hedrich-Blessing. Designer: Jack Hollis, Rhoda Payne. Scout: Eliz



...en you need ...umidifier

...eating bills are high . . . ...use never is really com- . . . your children have ... colds. It sounds vague- ...a television serial. But ...nately, winter at home ...ften like this.

...villain here is humidity ... lack of it. And heating ... frequent colds aren't ...y problems. Furniture ...ne unglued or cracked, ...tic electricity can be a ... and dry air shortens ... of wool carpets and ...

...now your home's exact ..., you need a hygrom- ... five to ten dollars, you ... an instrument that will ...ly measure tempera- ... humidity. If humidity ...ow a comfortable level, ...l to add moisture to the ...ur house.

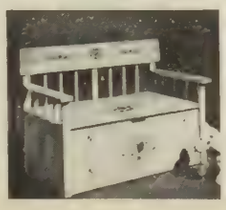
...od power humidifier is ...t efficient and trouble- ... for use with warm air ... If you don't have forced ... permanent installation ...ctical, the best answer ...onsole humidifier—and ...ney're now designed as ...tive addition to a room. ...st from $60 to $150. ...g on style and features ...ed no installment ex- ...st fill, and plug in.

...ne models have some of ...tures: humidistat, solid- ...sors, automatic shutoff, ...t, water-level gauge, op- ...ght, choice of circula- ...ction (to avoid drafts), ...rs, fine furniture styling, ...l control, air freshener ...iet operation, and reset ...icator. Some have a ...over for disguise. Basic ...sually have only an on- ...n, and a one- or two- ...

...umidifier should have ... tank holding at least ... ten gallons. The tank ... simple to fill, clean, ...pty. More expensive ...ject 10 to 25 gallons ... a day into the atmo- ...owever, five to six gal- ...ly are adequate for the ...2000- to 2500-square- ...e. Humidified air will ... room to room if doors ... and unit is placed in ...cation.

...ote of caution. Humid- ...h as 60 or 70 percent ... damage—from frost ... roof beams in winter ...ed furniture glue. You ...eck the humidity regu- ... watch for excess mois- ...cting on windows and ...inter. ■





EASY-TO-BUILD HOME CARPENTRY PLANS

TOY CHEST
Big enough for lots of toys, small enough to fit anywhere. 29" long, 18½" deep, 27½" high. Keeps toys hidden. Plan No. 3611-2

TWIN BUNKS
If space is limited, this project is an inexpensive solution. Two beds and a storage closet; takes a day to build. Plan No. 3607-1

Plans are $2 each p'us 50c first class postage and handling.
Better Homes and Gardens, Dept. 9iO, Box 374, Des Moines, Ia. 50336



Decorating with trim

It's easy to personalize your home with trims from a notion counter. Trims come in a wonderful variety of designs, and some don't even require sewing. Here are a few ideas to get you started with this decorating technique.

Towels: Spruce up plain towels with preshrunk braid or fringe you stitch in place by machine. Be sure your choice is colorfast and shrinkage-controlled. Clip-apart embroidery motifs a cellent for fingertip towel range motifs in clusters and stitch securely around edge

Tablecloths: For a round edge a floor-length cloth wi terfly ruffling and jumbo rack. To get an extra-chic you can add another s round or square cloth ov first (with an eight- to te drop) and trim the same wa a country-style table, stitc dannas together to desire and topstitch cotton frin edges.

Pillowcases: Dress up case with a strip or two or embroidery motifs and stitch in a design of your o

Lampshades: Glue tassel to the top and bottom of shade, overlapping ends Or, rim the shade with r flat braid, alternating colo an entire cover, measure height and circumference, ing for top and bottom he side seam. Stitch hems, the of wide eyelet trim. Overl ers of trim and pin the side checking fit. Stitch.

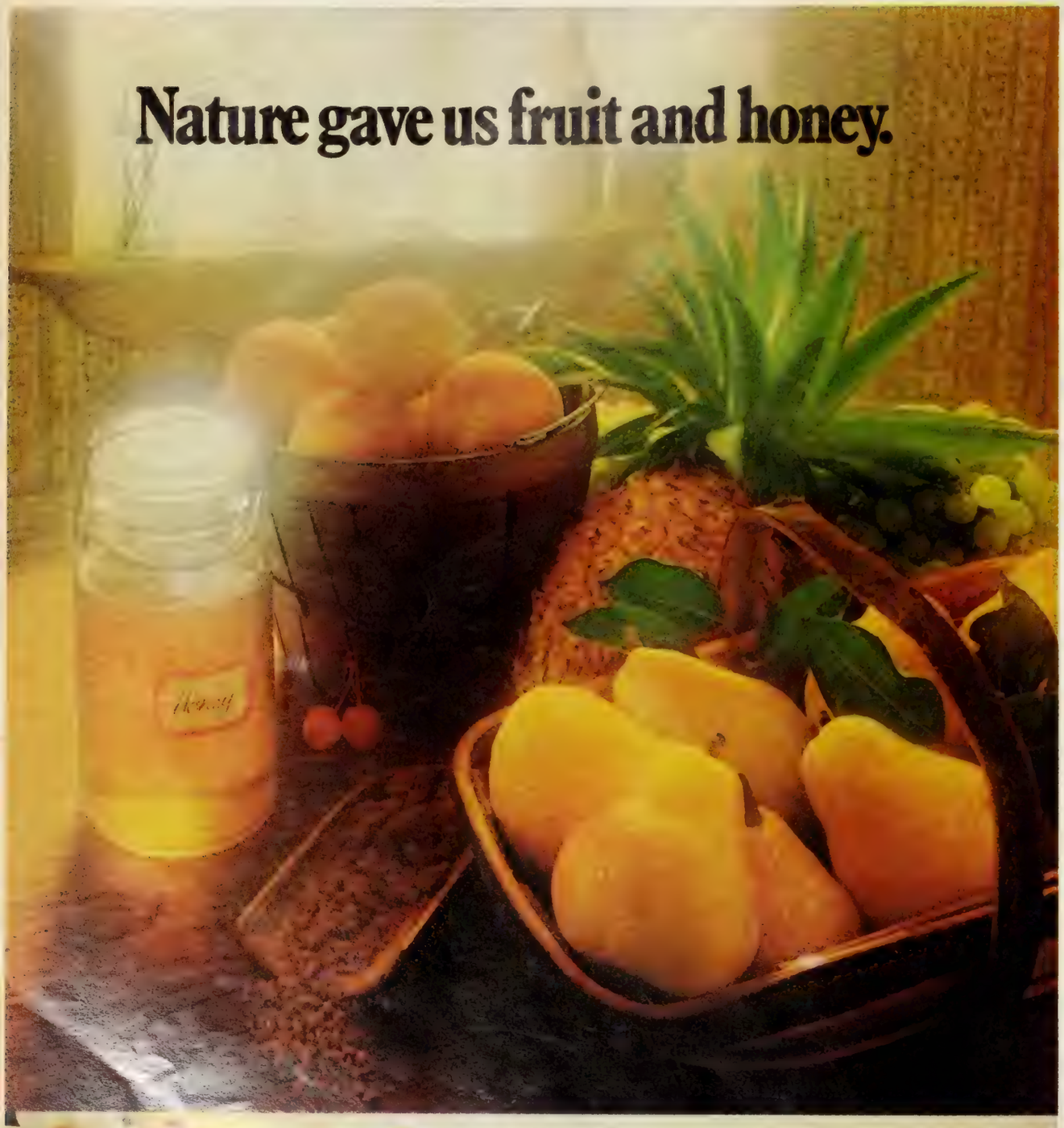
Shades: For plain or window shades, glue on braid ½ inch above hem. like, repeat the trim on th dow frame. For a perio add 2½-inch fringe to sc shade hem.

Curtains: Decorate shee clip-apart lace flowers abo and bottom edges. Rickra excellent choice for cotto curtains. You can use r various sizes or combine woven braid trim.

Director's chairs: Rem canvas seat and back a chine-stitch rows of jumb rack, using a heavy-duty Or, trim edges with bias ta contrasting color. You a use tape to create an op design.

Accessories: Many sma around the home, from rings to picture frames, the bright touch of trims. I making reversible place m side plain fabric and the print), bind the edges wi over braid or bias tape in trasting color. Brighten a basket with a cover of g stitched with rickrack or

Accessories are easier rate than ever with the ne to metallic trims. These n ishing trims can be used wood, plastic, porcelain, surfaces, and metal—in f clean and lint-free surfac are not intended for however, as they cannot dered or dry-cleaned. them, simply remove the and press lightly in pla your fingertips. You can the trims if necessary, th firmly to secure. ■



ns on page 44

nancial ecklist

ıce you have made out a pres- and a predicted net worth ment, don't put them aside er. You should review your nt net worth figures at least ally to see how well you are ressing toward your predic- and goals. Financial experts ally agree that the average y should look for an annual ase of ten percent in net .

about year-end tax strategy?

o the job properly you will 1) a review of your 1974 al and state returns, 2) com- records of income and po- lly deductible expenses for and 3) predictions for

idea, insofar as possible, is im the greatest amount in tions for the higher income –1974 or 1975. As you e your tax situation and put financial records in order, ossibilities and advantages fting either income or de- ns from one year to the ill become apparent.

nerally, there are few op- nities for *shifting income* year to year. However, you be able to make some es if:

r income comes in whole t from fees and you can delay or hasten billing for rposes.

can time securities trans- to provide capital gains or n a given year. Losses may med as of the date sold. and ve up to the last business the year (December 31 this to make the transaction. must be reported in the at profits are received or d to the account. If you normal procedures, you llow five business days for nsaction. In that case. De- 23 is the last day you can e sell order this year. You owever, place a next-day er up to December 30 or cash sale even on the 31st ll claim the gain.

own U.S. Series E savings Interest on Series E bonds reported when the bonds shed in, or the accumu- terest may be reported for poses without cashing in ds. **Warning:** Once interest n reported without cash- bonds, it must be reported y thereafter.

a little forethought, de- expenses in various cate- an frequently be claimed year, rather than another. ay to crowd whatever de- ductions you can for 1974 and 1975 into one year (or the other) so that you can claim the standard deduction for the year with fewer deductions and itemize for the year in which you claim more deductions. This is a perfectly legal procedure for lowering taxes, and it's foolish not to take advantage of the method when you can. **Note:** Major tax reform is pending in Congress at the time we go to press. It would be smart to investigate all the changes that may have taken place—or that are likely for 1975—on items such as the standard deduction and deductible medical.

In the event that you itemize every year, it still makes sense to concentrate your deductions to offset a higher income in one year. The following examples are typical of the various kinds of deductions you can very often claim in the year that best fits your tax situation.

• *Taxes.* Generally, deductible taxes must be paid when due, but you can increase your 1974 deductions by paying the final installment on estimated state income taxes in December instead of January 15, when it is due. Also, if you plan to make a major purchase such as a new car, consider hastening or postponing the purchase in order to claim the sales tax deduction in the year that it will do you the most good.

• *Charitable contributions.* Since, for the most part, there are no due dates on gifts and donations, it usually is easy to make contributions for 1975 in advance to increase deductions for 1974, or to delay contributions until after the first of January to increase deductions for 1975.

• *Interest.* You may be able to prepay part of the interest on your home mortgage for 1975 to increase 1974 deductions. If your return is examined, the prepaid interest allowable (possibly as much as 12 months) will depend on the size of income for the year, income in prior tax years, the amount of the prepayment, and the reasons for prepayment. Certain other personal or business loans also may offer an opportunity for paying and claiming the interest in the year which will do you more good from a tax point of view. To increase deductions for 1975, it may be possible to defer payments on installment accounts until after January one when due dates permit.

• *Medical expenses.* Since only those medical expenses in excess of three percent of adjusted gross income are deductible. it's smart to delay or hasten the payment of medical and dental bills so that deductions can be claimed in the year with higher medical expenses. (That percentage may be hiked by Congress.) Toward the end of the year, where there is no urgency, certain services and purchases also may be delayed or hastened to increase medical deductions in a given year. This might include certain types of surgery, dental work, eyeglasses, hearing aids.

• *Business expenses.* Certain business and professional expenses can be delayed or hastened for

continued

You can be replaced by a machine

Kenner's fascinating new 1,000 Story Machine. It lets kids make up their own stories.

Match the pictures on the rings and the 1,000 Story Machine plays complete stories. Mix them up and make crazy mixed up stories. A thousand completely different stories.

A flip of the switch starts the machine. No needle to set. No records to change. That's all. It's easy and fun.

It's the imagination-stretchingest toy ever!

The 1,000 Story Machine does the storytelling, so you've got more time to do the hugging.

Kenner



The 1,000 Story Machine™

Relieves Tormenting Rectal Pain And Itch, Helps Shrink Swelling Of Hemorrhoidal Tissues

... Due to inflammation. Gives prompt, temporary relief from such burning itch and pain in many cases.

The burning itch and pain caused by inflammation in hemorrhoidal tissues can cause much suffering. But there is an exclusive formulation that in many cases gives prompt relief from this itch and pain. It helps shrink swelling of such tissues caused by inflammation.

Tests by doctors on hundreds of patients reported similar successful results in many cases. This medication is available under the name *Preparation H®*.

There's no other formula like Preparation H. Ointment or suppositories.

Heartburn? Acid Indigestion?

Powerful Antacid Formula absorbs twice the acid of the leading roll brand.

Brings quick relief when you need it most.

When you have a day full of problems . . . a day full of worries—your stomach may churn out excess acid. Next thing you know—you've had a stomachful—a stomachful of acid indigestion . . . heartburn.

That's why you should know about BiSoDol® Tablets. Although the leading roll antacid absorbs excess stomach acid, BiSoDol absorbs more. Based on minimum recommended dosage, BiSoDol actually absorbs twice as much excess acid as the leading brand. BiSoDol helps neutralize that steadily churned out excess acid. Helps bring quick relief when you need it most.

Powerful BiSoDol Tablets—with more acid-absorbing power. Pick some up today.



Gloxinia 3 BULBS $1.00

Beautiful Pot Plants

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Better Homes and Gardens
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Des Moines, Iowa 50336

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1. Title of Publication: Better Homes and Gardens
2. Date of Filing: September 30, 1974
3. Frequency of Issue: Monthly
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7. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50336; the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock are: American Nat'l Insurance Co., Box 2664, Church Street Station, New York, New York 10008; Becker & Co.*, c/o The Bank of New York, Box 11203, New York, New York 10049; Bell & Co.*, c/o Bankers Trust Co., Tr. Dept., 607 Locust Street, Des Moines, Iowa 50304; Carrin & Co.*, c/o Bankers Trust Co., Tr. Dept., 607 Locust Street, Des Moines, Iowa 50304; Cede & Co.*, Box 20, Bowling Green Station, New York, New York 10004; Grator & Co.*, c/o International Trust Co., 101 Richmond St. West, Toronto, M4H IV3, Ontario, Canada; How & Company*, c/o Northern Trust Co., Tr. Dept., Chicago, Illinois 60690; Hubb & Co.*, c/o Bankers Trust Co., 607 Locust Street, Des Moines, Iowa 50304; Meredith Corporation, 1716 Locust Street, Des Moines, Iowa 50336; Edwin T. Meredith III**, 1716 Locust Street, Des Moines, Iowa 50336; Mifund & Co., c/o National Bank of Detroit, Box 222A, Detroit, Michigan 48232; Orto & Co.*, c/o Iowa-Des Moines National Bank, Tr. Dept., Des Moines, Iowa 50304; Prop & Co.*, c/o Iowa-Des Moines National Bank, 7th & Walnut, Des Moines, Iowa 50304.

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9. Item 9 of POD 3626 not applicable.
10. Item 10 of POD 3626 not applicable.
11. Extent and Nature of Circulation.

	Average No. Copies Each Issue During Preceding 12 Months	*Actual No. of Copies Of Single Issue Published Nearest To Filing Date*
A. Total number copies printed *(Net Press Run)*	8,277,210	8,270,190
B. Paid circulation		
1. Sales through dealers and carriers, street vendors, and counter sales	796,686	775,000
2. Mail subscriptions	7,096,809	7,083,843
C. Total paid circulation	7,893,495	7,858,843
D. Free distribution by mail, carrier, or other means		
1. Samples, complimentary, and other free copies	153,451	166,152
2. Copies distributed to news agents, but not sold	230,069	245,000
E. Total distribution *(Sum of C and D)*	8,277,015	8,269,995
F. Office use, leftover, unaccounted, spoiled after printing	195	195
G. Total *(Sum of E & F—should equal net press run shown in A)*	8,277,210	8,270,190

I certify that the statements made by me above are correct and complete.
(Signed) Morton Bailey, Jr., Publisher

continued

Financial checklist

tax purposes. These include dues to business or professional organizations and subscriptions to business journals and publications, which frequently can be paid for a two- or three-year period or even a lifetime. Some business entertainment and travel expenses which come toward the end of the year can be paid in cash before December 31 or put on credit cards to be paid after the first of January, depending on the tax advantages.

Keep in mind the following two rulings to be sure you get credit for deductions in the year you want to claim them.

- Deductible payments made by check and mailed are credited on the date the check is mailed—not the date it is written.
- Credit card payments are deductible in the year that you actually pay the credit card issuer.

Create a savings and spending plan for 1975

Start by establishing major financial goals you and your family want to achieve in 1975. These may include retiring certain debts, increasing savings or net worth, making the down payment on a home, paying for education. Work out your goals and priorities, as well as your provisions for reaching them in your master financial plan for 1975. That plan will include estimates of:

- Income for 1975
- Periodic expenses
- Routine monthly spending
- Specific amount needed for contingencies.

Once you tailor a plan for 1975, based on your goals, income, and anticipated expenditures, these resolutions will help you stick to it:

- Put your financial plan in writing and review it from time to time during the year to see how things are going.
- Divide financial responsibilities within the family and let everyone share in working toward family financial objectives.
- Keep adequate records of income and spending for tax purposes and for your own information in future financial planning and evaluations.
- Adopt a workable system for controlling both cash and credit spending.
- Start a contingency fund for unexpected expenses such as replacing home appliances, making major household repairs, and handling emergencies.
- Follow a systematic savings and investment program. ■

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Jiffy Cooking $2
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Cooking for Two $2
Fondue & Tabletop Cooking $2
Calorie Counters Cook Book $2
Blender Cook Book $2
Make-Ahead Cook Book $2
Good Food on a Budget $2

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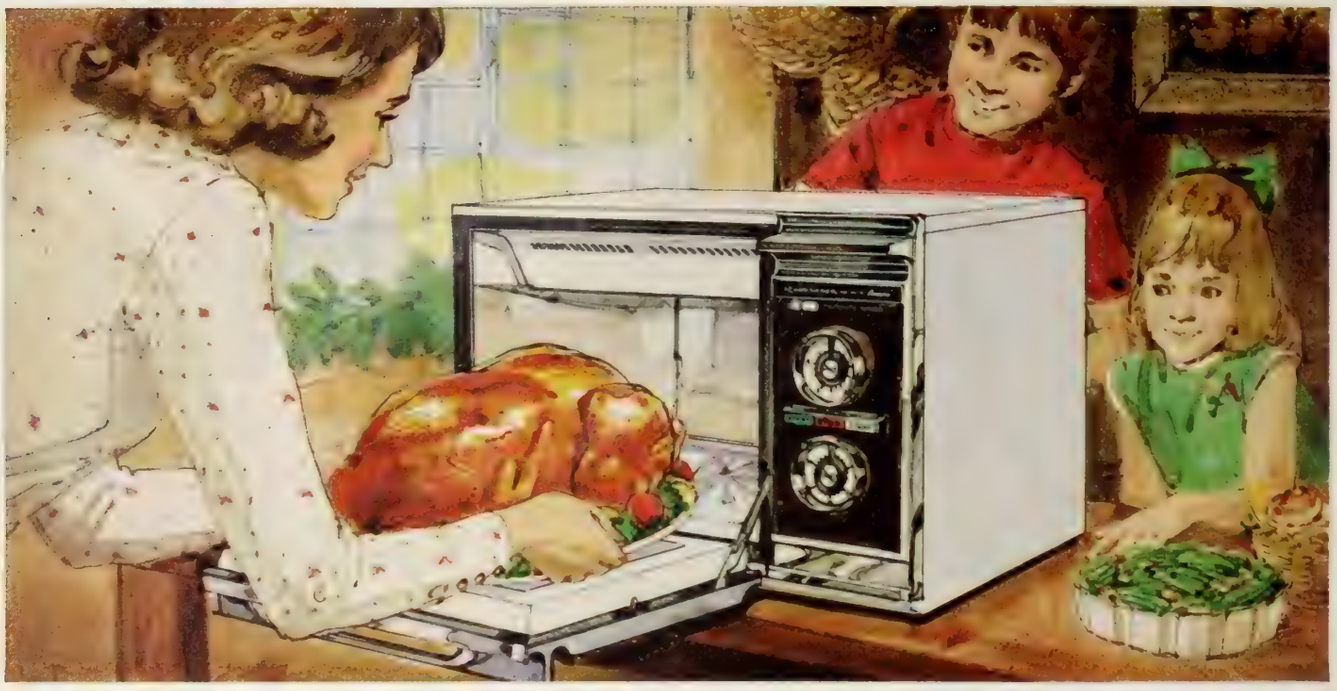
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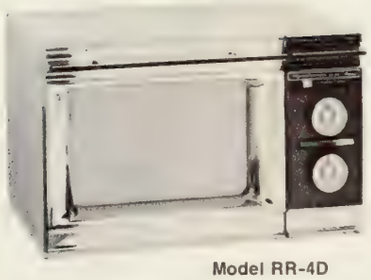
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And the best microwave oven is the

Amana Radarange® MICROWAVE OVEN



Model RR-4D

All microwave ovens are not alike. If you know what features and quality details to look for—you'll select an Amana Radarange.

Start with the cabinet. An Amana Radarange has a matte finish embossed steel cabinet that's a breeze to clean.

The door: Get the feel of it—and remember you're going to open and close it a lot. Amana has a die cast door, chrome plated for easy cleaning. The hinge is a continuous piano type—strong. It won't wear out. It's counter balanced—and when it closes—it **locks automatically.** No levers to push or twist.

Look inside: An Amana Radarange is stainless steel—won't lose its lustre. Won't scratch, tarnish or rust. The window is tempered glass—won't scratch. The broiler tray is special borosilicate tempered glass—designed to catch spills.

Timers: Amana's Radarange has two timers—one up to 5 minutes for precise time setting. The other timer is up to 30 minutes.

Saves Energy: The Amana Radarange oven cooks most food in about one fourth the time—and that saves energy. In fact, it uses 50% to 75% less electricity than a conventional electric range. You don't waste energy heating an oven. Only the food gets hot, the oven stays cool.

Buzzer: If you're going to be out of the kitchen, you can set the buzzer to sound off when the unit shuts off.

Instant On: No warm up time. An Amana Radarange starts cooking the instant you press the start button.

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Most important: Find out what kind of owner protection you get with a microwave oven. Every Amana Radarange Microwave Oven is protected for a full five years! If anything goes wrong with your Radarange oven in the first five years of normal household use all you have to do is take it to your Amana servicer—and he'll replace any part—free. Even light bulbs. No one but Amana gives you this kind of protection plan. Nobody!

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MW-10 MW-83

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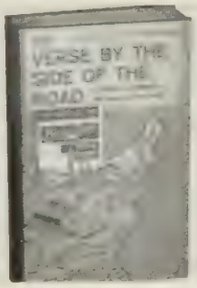
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Ann Lively

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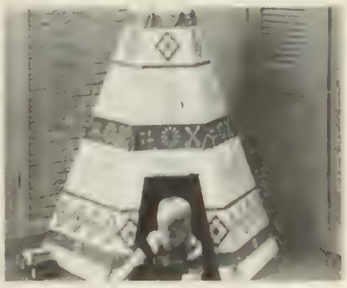
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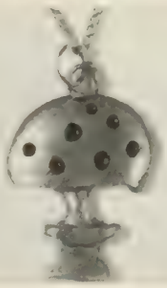
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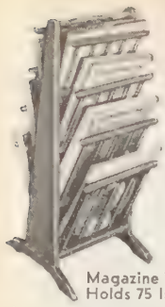
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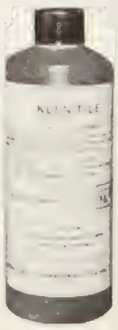


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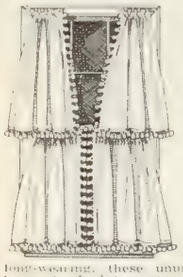
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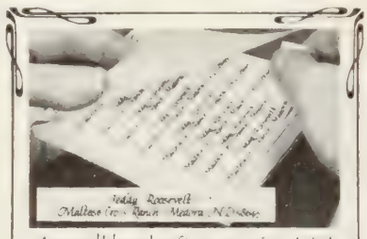


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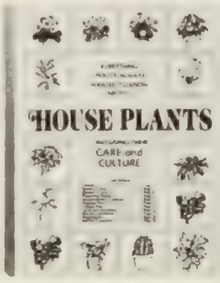
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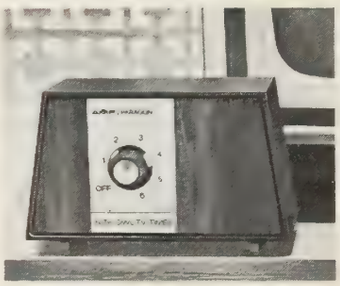
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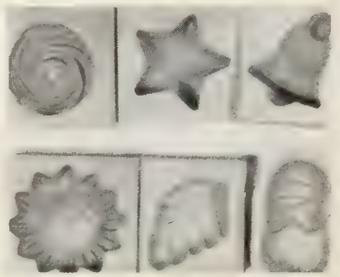
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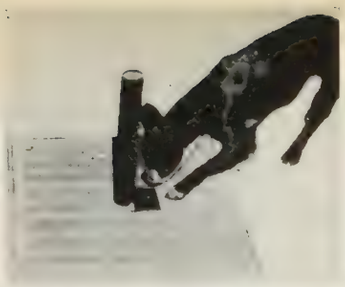


Candy molds

Professional-looking candy [for] for the holiday season. Use [our] rubber molds with free no[-] recipes incl. with order. Order [by] Star, Bell, Daisy, Leaf or [Tree] $1.25 ea; 3/$2.85; 6/$5.10 all. [Add] (CA res. add tax) Catalog [free] Judy's of California, Dept. 24[0] 728, Lompoc, CA 93436.

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GREENHOUSES
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THIS 12 FT. MODEL, only **129.95**
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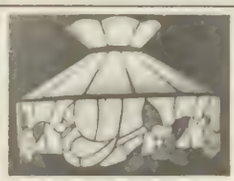


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75¢ Each 25 Assorted $12.00
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MacMillan's best-selling 65 page hard-cover "The Little Wooden Doll," a perfect gift for any little girl. Charming wooden doll, 8" tall with jointed body, yarn braids, dressed in lace trimmed calico dress is included with book. $8.60 + 40¢ post. Old Pueblo Traders, 600-BDF-So. Country Club Rd., Tucson, AZ 85716.



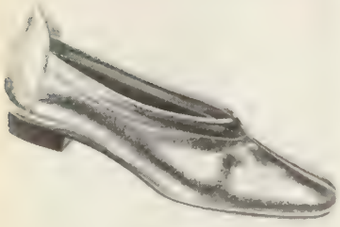
Onyx zodiak pendant

Hand-carved and mounted with your own zodiac sign in 18K gold-plate. With a 26" gold-plated neck chain with safety catch clasp. Gift boxed plus certificate of authenticity attesting to gemstone quality. Specify zodiac sign or birth date. $6.95. Romar Sales, Dept. RS-55, 380 Madison Ave., N.Y., NY 10017.



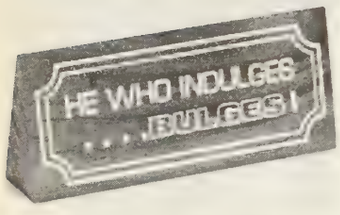
Personalized clock

Your name tells the time in this unusual clock which is battery operated. Gold finish letters and hour markers (as desired). Case is genuine walnut veneer 12" x 12" x 1⅝". 1 D cell battery keeps it running for 1 year (battery not incl.). Print name desired (12 letters or less). $30 ppd. Bruce Bolind, BH-12, Boulder, CO 80302.



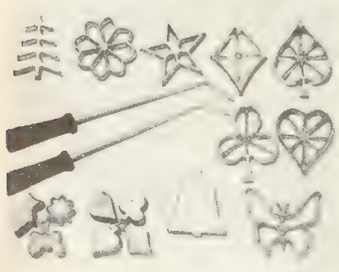
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You'll enjoy this lovely shoe with your holiday clothes. Of glove soft leather with ¾ inch heels. Great for indoor or outdoor wear. 4-12 in narrow, medium or wide widths. In gold or black, order "Kim" $11.95 + 90¢ post. Over size 10, $1 extra. Sofwear Shoes, Dept. BH-12, 1711 Main, Houston, Texas 77002.



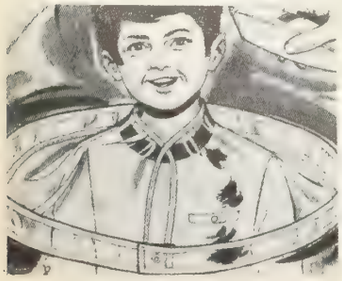
"He who indulges" marker

The message is the point! Especially true during the holidays ahead. Silver lettering engraved in solid, oil-rubbed walnut; 24K gold border highlights the wording. 4½" x 2". Style PF-35 $2.95 each, 3 or more $1.95 each, postpaid. Spear Engineering Company, 3062 Spear Bldg., Colorado Springs, CO 80933.



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Patterned irons, fitted to handles, are dipped from batter to fryer to make a crispy, thin delicacy which is sprinkled with powdered sugar. Includes 9 large 3" molds, 7 small molds, 2 heat-proof handles, recipes & instructions. $8.95 + 85¢ post. Suburbia, Inc., Dept. 721, 366 Wacouta, St. Paul, Minn. 55101.



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have a decorator border and a
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Comes with a golden easel for s
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Classic knocker

In pewter or brass finish, 8"H,
metal. Antiqued, lacquered to
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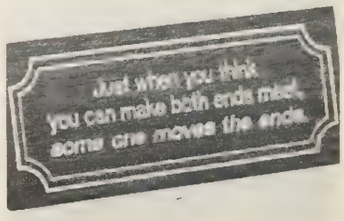
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appreciate this humor. Silver l
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Since 1936, America's favorite family club. Month after month, a parade of the world's rarest and finest fruit sent direct from the orchard. Each gift box with your greetings. All announced by a handsome, gold-embossed Certificate of Membership.

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3-BOX CLUB Surprise them with gorgeous gift boxes for Christmas, January and February!

Gift No. 111 ... $21.95 delv'd

5-BOX CLUB Keeps coming and coming! Christmas, January, February, May and September

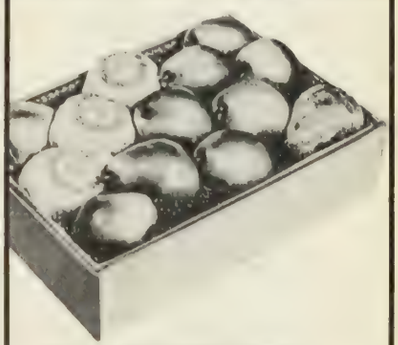
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So big and juicy they'll eat 'em with a spoon – so rare, not 1 person in 1000 has ever tasted them! Beautifully gift packed and sent with your personal greetings. Perfect arrival guaranteed! Net wt. 6 3/4 lbs. Order NOW for Thanksgiving and Christmas.

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CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No	Amount
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Ship to Arrive for Christmas ☐ Ship to Arrive On (Date) _____ Use Card ☐ I enclose ☐ (Max 3½ x 5)

Greetings to read: _____

SHIP AS MY GIFT TO _____

STREET _____

CITY _____ STATE _____ ZIP _____

Quantity	Name of Gift	Order No	Amount
			$

Ship to Arrive for Christmas ☐ Ship to Arrive On (Date) _____ Use Card ☐ I enclose ☐ (Max 3½ x 5)

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515-K

Easy to grow in soil or water

ti plant

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It grows out of a log - so fast you can almost see it grow! All you do is put the Ti log in water and watch it grow. When it sprouts, put it in a pot. The bigger the pot, the bigger it grows... from one to six feet tall. You can have the size you want. Grows in sun or shade - it blossoms!

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Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour . . . just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming Brass finish. Electric with alarm 2¾"x6¼"x5½". 1 year factory warranty—$39.95. Ppd. ILL. RES. ADD 5% TAX. GIFT CATALOG 50¢. Charge Cards Accepted.

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Demi Tasse Spoon Ring $2.98

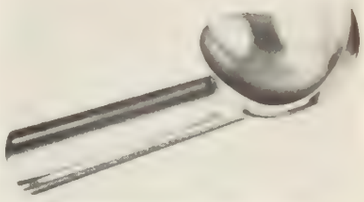
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The dainty demi tasse spoon becomes a ring—personalized just for you with one script initial! Floral motif, richly antiqued.

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PRINT initial, add 35¢ post. & hdlg.

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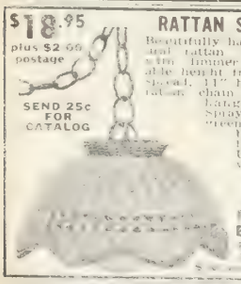
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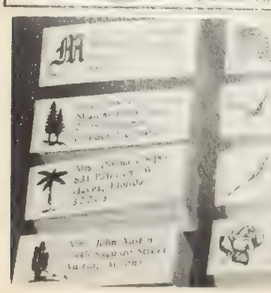
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Keys won't be misplaced easily if every member of th has one. An ideal Christma stocking stuffer. Handcraft pewter gorilla or rabbit; s steel key ring. Animals appr high. Style Q-33 $3.95 p Spear Eng. Co., 3064 Spea Colorado Springs, CO 809



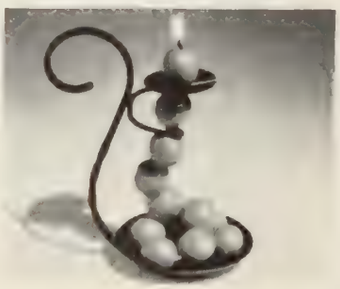
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With name or initials a car all the family. For books, gym gear, toys etc. Of navy 18" tall, nautical cord, meta mets, red felt letters. Print initials. #2002 Duffel $2.98 Toy Tote $3.50 + 60¢ pos Vernon, Dept. HD3, 510 So Ave., Mt. Vernon, NY 1055



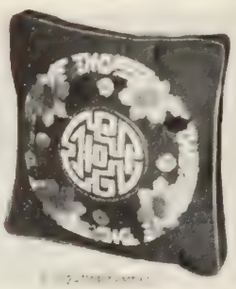
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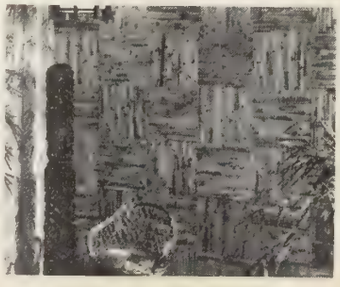
Oriental pillow

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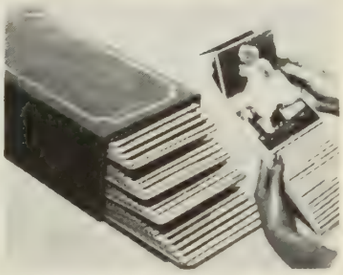
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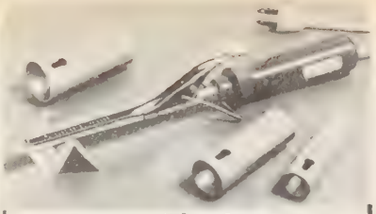


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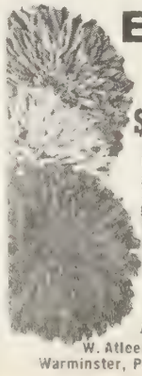
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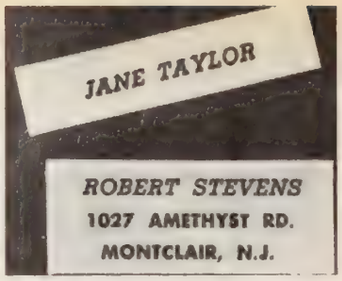
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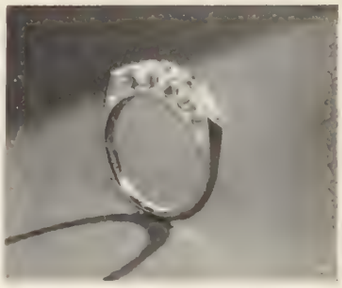
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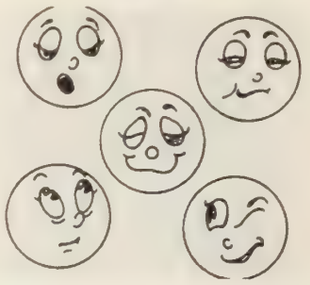
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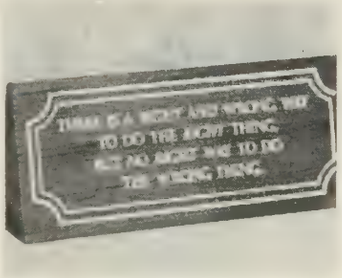
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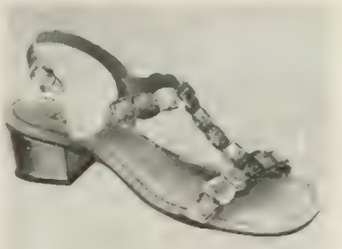
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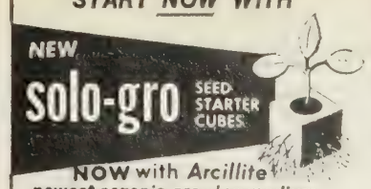
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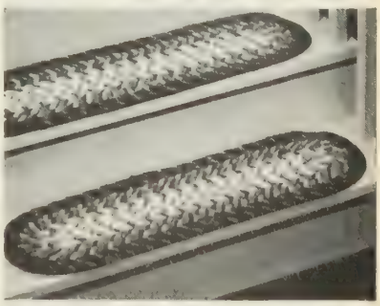


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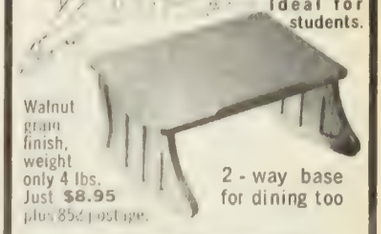
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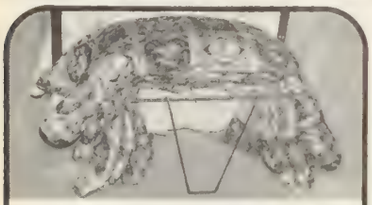
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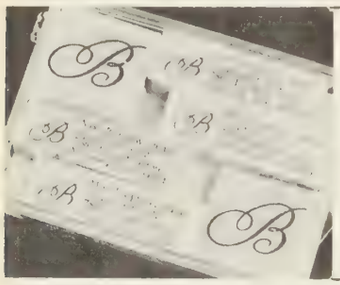
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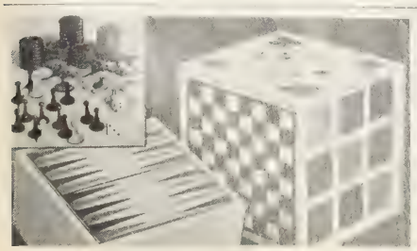


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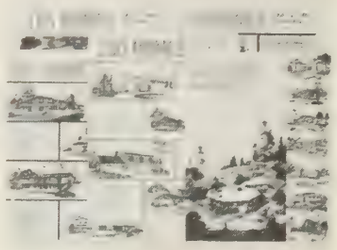
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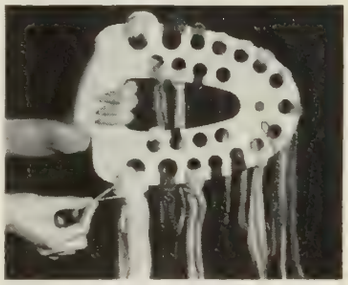
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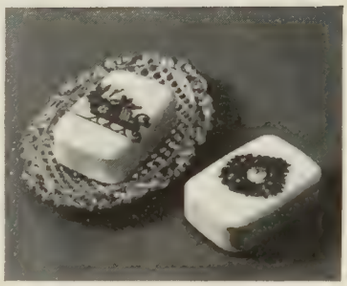
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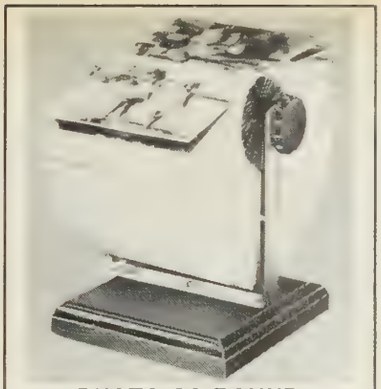


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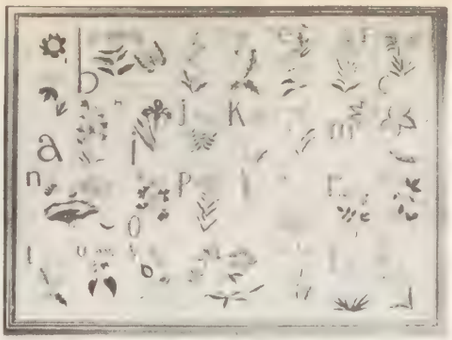
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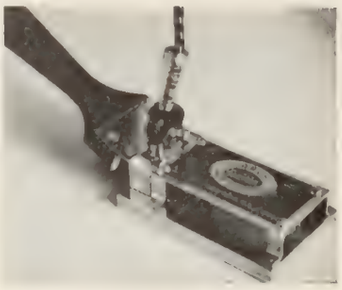
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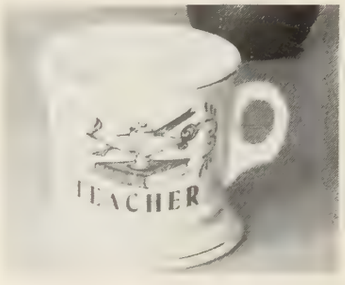
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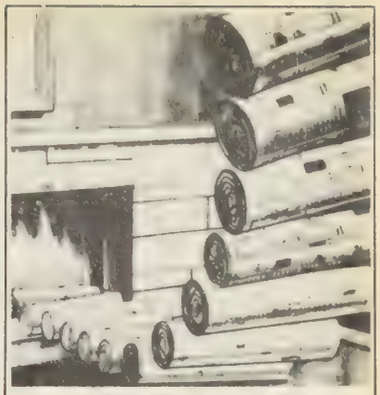


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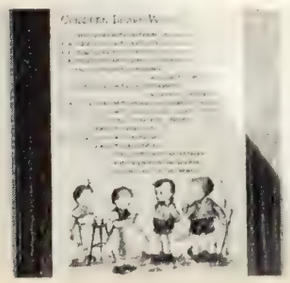
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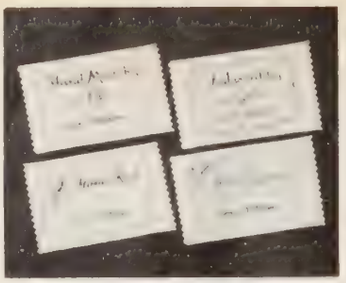
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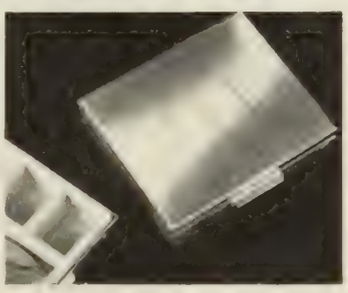
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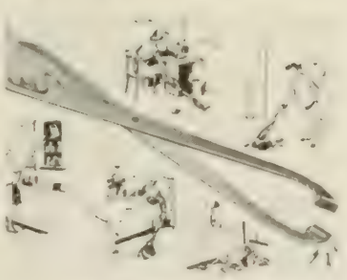
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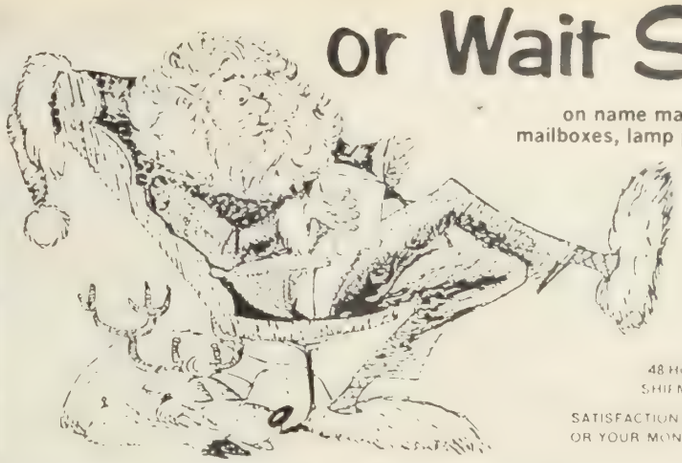


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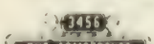
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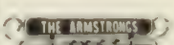
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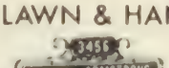
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The man next door

I ran into Fred and Louise Norfleet in the bicycle department of the store, studying a ten-speed model. On a counter beside them they had piled gaily wrapped boxes into a mountain, or at least a couple of respectable foothills.

"Looks like a big Christmas at your house," I said.

"Yes," said Louise. "We're definitely going to make it one the children will always remember!"

"That's great," I said. And I meant it. Children like to get presents, and parents love to give, if they can.

But I wonder if a "Christmas to remember" can be planned in advance, or can be predicted. It just doesn't seem to work that way in the Hillis household.

The Christmas tree in our living room is beautiful this year. The wicker angel we bought in Mexico almost brushes the ceiling. There are other ornaments accumulated through the years, some that friends have brought from all over the world, others that the children have made.

But when the children ask, "Don't you think the tree is better than last year?" I really can't remember.

What I do remember was probably the worst tree anybody ever saw. It was right after the war. Christine and I were newly married and living in an "efficiency" apartment which couldn't accommodate anything much bigger than a twig, and that's what we had. Lights and baubles were unavailable even if we could have afforded them. We decorated our first "tree" with gum wrappers and bits of tinfoil and shared it with love.

And another tree is memorable for me. I was about ten years old, and Dad and I drove out to his father's farm. It was a snowy December day, and the two of us trudged to the pine grove on the little hill across the frozen creek. There Dad let me pick out the perfect tree (after setting some sort of reasonable limit on its size). He chopped it down and we dragged it back to the house and drove home, with it tied rakishly in the rumble seat.

"But you know," Dad told me just recently, "the Christmas I remember best was one deep in the Depression. We were living in the Elm Street house, the one I had to sell the next spring. There was a big tree and presents for everybody. All the kinfolks were there. And all the time I was carving the turkey I was trying to figure out how to tell your mother that I had lost my job three days before."

When families or groups of old friends get together and the conversations turn to "remember the Christmas when," likely as not the first ones they mention will be those that were funny or embarrassing or even mini-disasters, but always shared with others.

The Christmas when everybody chipped in to make sure Grandmother had a nice new stove for cooking the turkey, and when the time came to serve it she discovered she had forgotten to turn on the oven.

The year the children all got sleds and it didn't snow until the next November.

Or the year when it did snow and snow, and the out-of-town Christmas visitors had to stay for a week.

The Christmas when the holiday traffic jam trapped me in an airport 800 miles from home, and I spent most of the day with a couple of hundred other people trying to put a call through to home.

The year the bicycle was assembled late on Christmas Eve so that it could only be ridden backwards. Ed Kozniak at the bike shop offered to fix it free if I could explain to him how I did it.

What I am trying to say, I guess, is that the Christmases we remember are not necessarily the most elaborate or even those that might be considered, on the surface, to be the happiest. Of course, defining happiness is a tricky business. I know that in some instances it may consist of a fur coat or a diamond wristwatch.

But the happiness that sticks with us, stored up to be recalled in later years, is more frequently the kind that comes through shared experiences, even though they may seem somewhat trying at the time. It has always seemed to me that the happiest families are those that have "in" jokes, and many of these originated in Christmases past. These are the jokes that are worn smooth as old coins through many years of use. Any member of the family need only utter the punch line or the tag phrase to get a laugh. And outsiders shake their heads in bewilderment.

Of course, for many fortunate people the happiness of Christmas bubbles up spontaneously from the depths of their religious belief. For them the retelling of the familiar story makes the first Christmas the most memorable of all, and the baby in the manger who came to touch all of our lives with love is the most precious gift.

Perhaps this need for shared experiences explains the fact that Christmas can be a time of great loneliness. Psychologists have even reported a marked increase in despondency during the Christmas season. Maybe seeing so much joyfulness around makes being alone doubly hard.

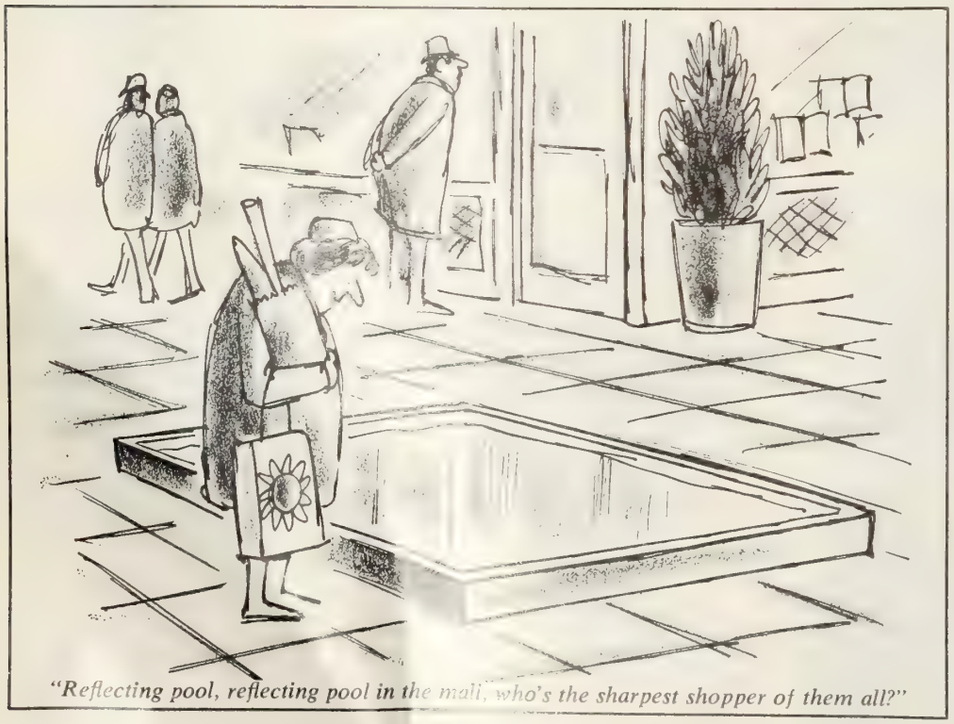
And then there's always that peculiar pang we feel when we realize that there is one less well-loved face at the Christmas table. But, in a way, that makes all the Christmases we had together that much more precious.

Losses, mishaps, separations, reunions, tears as well as smiles seem to go into the Christmases we remember best.

Still, I'm afraid people might not understand, might even be uneasy, if we sent them cards saying, "Have a Memorable Christmas."

So I'll settle for wishing you a Merry Christmas from Christine, Rosemary, Burt, Jr., Judy, and me, all the Hillises. If it can be both Merry and Memorable, count it a double blessing.

Burton Hillis



"Reflecting pool, reflecting pool in the mall, who's the sharpest shopper of them all?"

